ST. THOMAS MORE

RECIPES

COOK BOOK

ST. THOMAS MORE PARISH, LYNNWOOD, WA.

Expression of Appreciation

Our organization and the compilers of this cookbook would like to thank and express our sincere appreciation to the many people in the community who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of our cookbooks. Without their help, this book would not have been possible.

The Cookbook Committee

A COLLECTION OF RECIPES

Sponsored by

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Lynnwood, Washington

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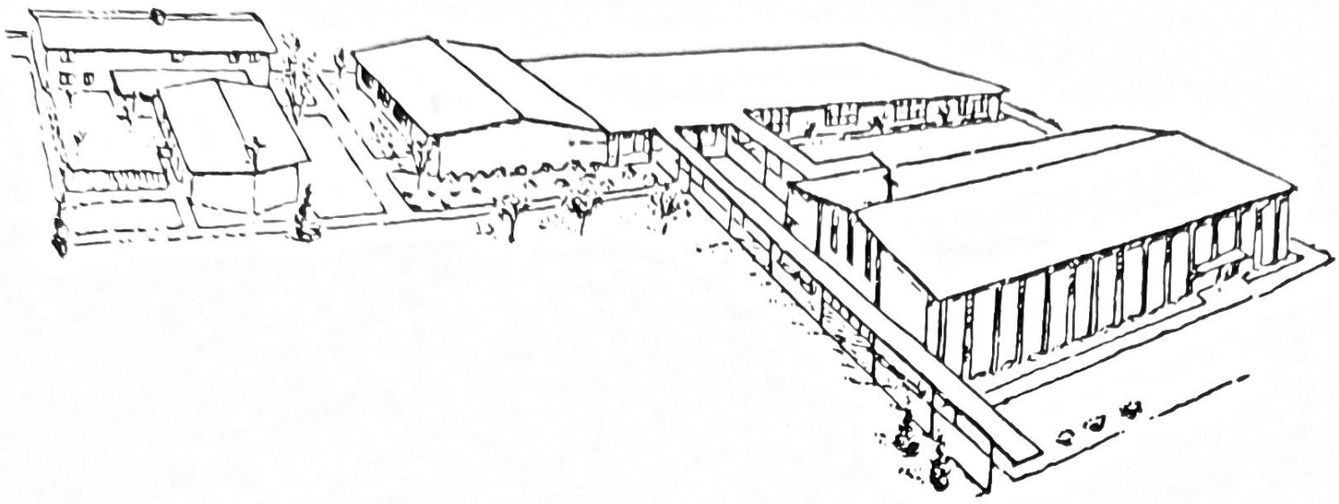
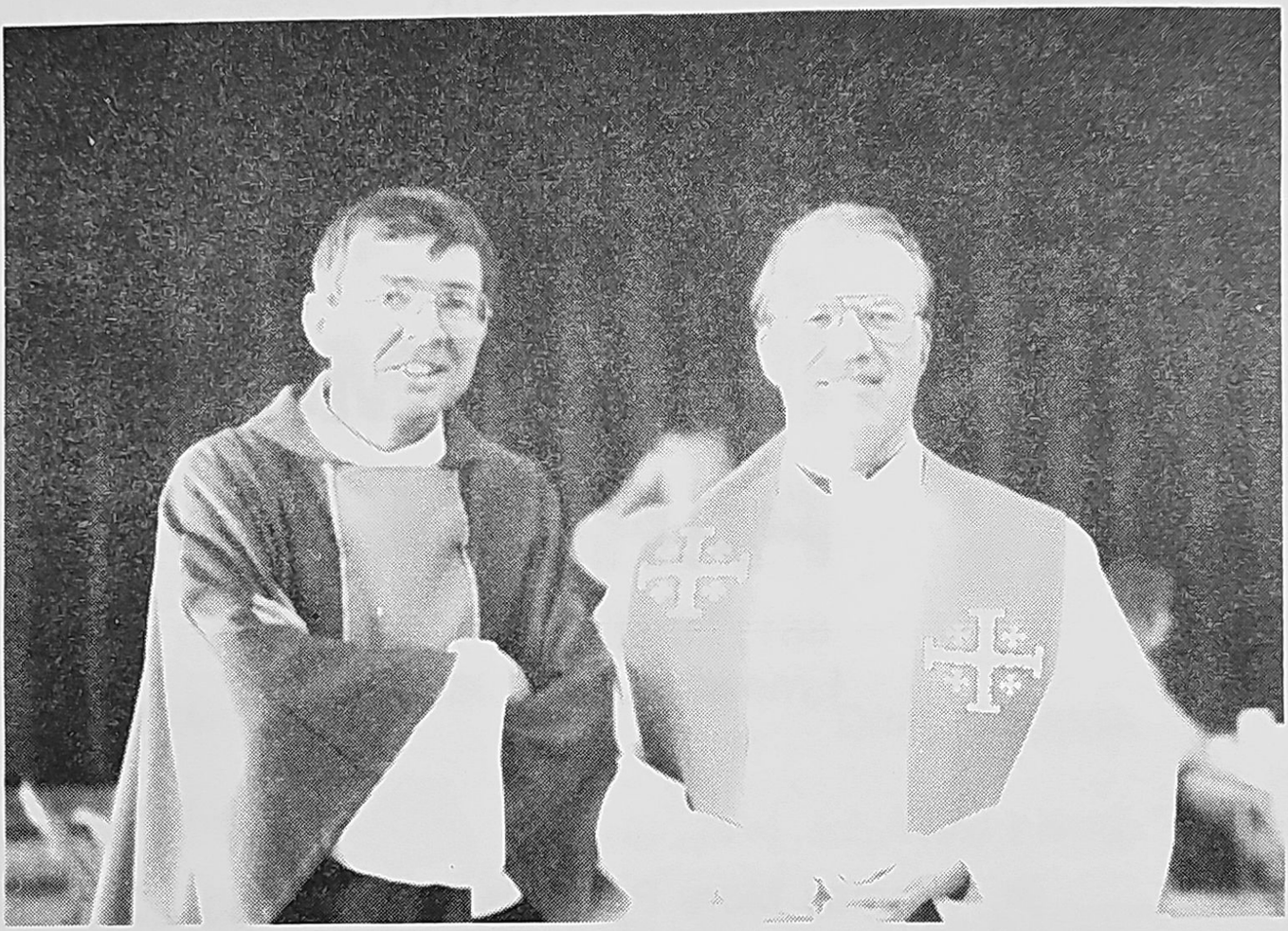


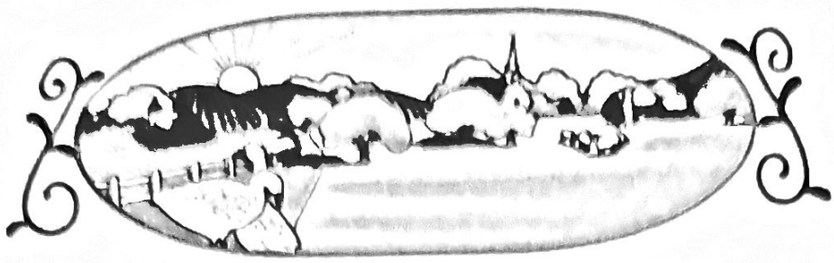
ST. THOMAS MORE PARISH

6511 176th St. S.W.
Lynnwood, WA 98037

St. Thomas More Parish is 24 years old. Our school was established in 1966, with the 7th and 8th grades added 13 years later. STM School exists in order to create a Christian educational community where human knowledge, enlightened and enlivened by faith, is shared by teachers, students, and parents in a spirit of freedom and love.



We dedicate this book to Father John Renggli and Father Gordon Douglas for their outstanding service to the community of Saint Thomas More Parish. We thank you for your inspiration and senses of humor.



Your Favorite Recipes

Recipe | Page Number

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Appetizers, Relishes & Pickles

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16 Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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WINE PUNCH

12 oz. can lemonade
12 oz. can orange juice
1 large can pineapple juice
6 c. water
1 c. sugar
2 (7 oz.) cans 7-Up
1 bottle white wine

Mix all of the ingredients together and chill.

Joan Adams

NEW YORK MEXICAN DIP

1 (8 oz.) pkg. cream cheese
1 (15 oz.) can chili
1 (4 oz.) can Old El Paso chopped green chilies
1 small onion, chopped fine
1 1/2 to 2 c. grated Cheddar cheese
1 bag Tostitos corn chips

Smear cream cheese onto bottom of pie pan. Add chili; spread evenly. Drain green chilies and spread on top. Sprinkle with onions; then cover with Cheddar cheese. Cover with foil and bake at 350° for 20 minutes. Uncover and bake an additional 10 to 15 minutes, until cheese has melted.

Serve hot with corn chips. Also makes great topping for baked potatoes.

Debora McDonald

FLINTSTONE DIP

1 pt. mayonnaise
1 pt. sour cream
1 to 2 cans broken shrimp
2 pkg. sliced ham
2 Tbsp. dried onion
2 dashes garlic powder
2 Tbsp. parsley
1 loaf coffee can bread

Mix together mayonnaise, sour cream, shrimp, ham, onion, garlic powder and parsley. Hollow out center of coffee can bread. Fill center of bread with dip and use rest of bread pieces for dipping.

Marri Ryan

CRAB DIP

6 oz. cream cheese
1 can cream of mushroom soup
1 c. finely chopped celery
1 Tbsp. Knox gelatine
3 Tbsp. hot water
1 can crab
1 c. mayonnaise
2 finely chopped green onions

Heat soup and cheese. Mix water and gelatin together. Once mixture is cool, add gelatin. Add all other ingredients. Place in Tupperware and cool. Serve with crackers, celery or chips.

Loraine Glass

ARTICHOKE DIP

1 c. artichoke hearts, drained and chopped
1 large onion, chopped fine
1 c. mayonnaise
1 c. Parmesan cheese
1 dash garlic powder
1 dash lemon juice
dash of Worcestershire sauce

Combine in 2-quart shallow casserole dish. Spread with seasoned bread crumbs. Bake at 350° for 30 minutes. Serve warm with cocktail rye bread.

M. Sparks

CHILE CHEESE DIP

1 (3 oz.) pkg. cream cheese
8 oz. sharp American cheese, shredded (2 c.)
1 Tbsp. lemon juice
1/4 tsp. garlic powder
dash of red pepper
1/4 c. finely chopped pecans
1 tsp. chili powder
1 tsp. paprika

Let cheese stand at room temperature to soften; combine cheese, lemon juice, garlic powder and red pepper. Beat with electric mixer until light and fluffy. Stir in nuts. Shape in a roll about 1 1/2 inches across. Sprinkle with a mixture of chili powder and paprika. Chill. Before serving, let stand at room temperature 10 minutes. Slice; serve with crackers. To keep it soft, add 2 tablespoons of mayonnaise.

Mary Wewer

CHEESE SNACKS

1 can chopped olives
2 c. grated cheese
2 Tbsp. mayonnaise
seasoning salt

Spread on rounds of bread. Cover with Parmesan cheese. Bake at 425° until bubbles.

Sister Lorna

CURRY CRAB MOLD

1 can mushroom soup
6 oz. cream cheese
1 pkg. plain gelatin
1/4 c. cold water
1/2 c. chopped celery
1/2 c. chopped onion
1 c. mayonnaise
1/4 tsp. curry powder
2 c. fresh crab or small shrimp

Melt mushroom soup and cream cheese together in a double boiler. Remove from heat and stir in gelatin, softened in 1/4 cup cold water. Let cool in refrigerator. Add remaining ingredients. Pour into a 4-cup mold that has been greased with mayonnaise. Refrigerate. Good with Wheat Thins.

Alice Smith

CLAM FRITTERS

2 c. clams, ground
1 onion
2 tsp. each: salt and curry powder
1 tsp. baking powder
1 egg
1 Tbsp. Lea & Perrin's Worcestershire sauce
1 1/2 c. flour

Grind clams and onions in food processor. Mix together with rest of ingredients. Spoon batter into hot oil and fry until golden on each side.

Jeanette Carlson

CLAM DIP

7 oz. can minced clams
2 (3 oz.) pkg. cream cheese
2 tsp. lemon juice
1 1/2 tsp. Worcestershire sauce
1 tsp. salt
dash of white pepper
1/4 tsp. garlic powder

Drain clams, saving broth. Soften cheese in bowl. Add remaining ingredients. Blend well. For thinner dip, add more

broth (or milk) and slightly more lemon juice. Serve with potato chips, celery or raw cauliflower.

Sandy Hayes

HOT CHIP DIP

1 (8 oz.) pkg. cream cheese
1 large tomato, diced
1 (4 oz.) can chopped green chilies with juice

Combine all the ingredients and heat slowly over low heat until cream cheese is melted. May be microwaved. Serve with chips.

Michele Darr

APPLE SPREAD

8 oz. cream cheese (room temperature)
1/2 c. chopped dates
vanilla to taste (about 2 Tbsp.)

Combine all the ingredients and spread on sliced apples.

Michele Darr

STUFFED MUSHROOM CAPS

75 medium-large mushrooms, stems removed
1 lb. spiced ground sausage (sage or Italian)
2 Tbsp. margarine
1/2 c. chopped onion
1/4 c. chopped green pepper or celery
1/2 c. chopped mushroom stems
2 cloves minced garlic
2 c. bread crumbs
2 eggs, beaten
Jack or Swiss cheese
pepper to taste
oregano to taste
parsley to taste

Wash and dry mushrooms; set on cookie sheets (with sides) or oblong cake pans. Brown sausage in frying pan. Drain. Set aside. In another frying pan, melt margarine; add onion, mushroom stems, green pepper and garlic. Saute until onions are clear. Add bread crumbs, stirring to coat with margarine. Add spices. Remove from heat. Transfer sausage and bread crumb mixture to a large bowl; mix well. Add eggs (Stuffing should be consistency of meat loaf. If too moist add more bread crumbs; if too dry add another egg.) Fill each

mushroom with a mound of stuffing. Place slice of cheese on top. Bake at 300° for 15 minutes.

Terri Huber

COCKTAIL MEATBALLS

1 lb. ground pork
2 lb. ground chuck
2 eggs
1 to 2 c. crushed cracker crumbs (fine)
salt
pepper
8 tsp. dry mustard
1 c. white vinegar
2 c. brown sugar
1 c. boiling water

Mix ground pork, ground chuck, eggs, cracker crumbs, salt and pepper; form into balls. Add 1 cup of boiling water to dry mustard, vinegar and brown sugar. Pour warm sauce over meatballs in a large shallow pan. Bake at 350° for 1 1/2 hours.

Arlis Clarke

RICE KRISPIE CHEESE PUFFS

2 c. sifted flour
1/2 lb. margarine
3/4 tsp. cayenne pepper or few drops Tabasco sauce
1 tsp. salt
8 oz. sharp cheese, grated fine
2 c. Rice Krispies

Blend margarine and cheese. Blend in dry ingredients. Add Rice Krispies. Roll into small balls. Flatten with fork. Bake 10 minutes at 350°.

Sister Lorna McCormick

SPINACH BALLS

2 (10 oz.) pkg. frozen chopped spinach, cooked and drained
2 c. herb stuffing
2 onions, minced
5 eggs, beaten
3/4 c. melted butter
1/2 c. grated Parmesan cheese
1 tsp. garlic salt
1 tsp. pepper
1/2 tsp. thyme

Mix all ingredients well. Chill 2 hours or more. Roll into small balls and bake at 350° for 20 to 30 minutes or freeze and then bake.

Mike Newcomb

BAMBINI

(Mini Calzones)

1/2 c. coarsely grated Mozzarella cheese
1/4 c. freshly grated Parmesan cheese
1 (10 oz.) pkg. large flaky refrigerator biscuits
1 c. Ricotta cheese
20 very thin slices pepperoni (or any chopped meat, onions, mushrooms, olives, etc., any pizza topping can be used)

Halve each biscuit horizontally, forming 20 thin biscuits. If kitchen is hot refrigerate half the dough while filling the remainder. Gently shape one piece into an oval about 2 1/2 x 4 inches. Mix cheese and chopped ingredients together. Top dough with about 1 tablespoon of mix, slightly off center. Moisten edges; fold dough over to enclose filling, pinching edges to seal. Bake on lightly greased baking sheet at 350° for 20 minutes. Serve warm.

Eileen Newcomb

MARINATED CHICKEN WINGS

3 lb. chicken wings, jointed
1 tsp. dry mustard
1 small onion, chopped fine
1/3 c. oil
1 Tbsp. molasses
1/2 c. soy sauce
1/8 tsp. garlic powder

Combine all ingredients and marinate at least 7 to 8 hours. Bake at 375° for 1 1/2 hours, basting occasionally.

Linda Wojtanik

REFRIGERATOR PICKLES

8 cucumbers, unpeeled and sliced
4 large onions, sliced
3 c. sugar
3 c. vinegar
1 tsp. turmeric
1/3 c. salt (non-iodized)
1 tsp. dill seed
1 tsp. celery seed

Boil sugar, vinegar, turmeric, salt, dill seed and celery seed. Pour this hot brine over cucumbers and onions. These keep for months in refrigerator. You can also add

carrot, celery, green tomatoes and other vegetables that you like.

Mary Lambert

CHINESE PICKLED BEETS

1 c. sugar
2 level Tbsp. cornstarch
1 c. vinegar
24 whole cloves
2 Tbsp. catsup
3 Tbsp. cooking oil
dash of salt
1 tsp. vanilla
3 (No. 303) cans beets
1 1/2 c. beet juice
5 minutes of your time

If you want to make less, then just divide everything by 3, but I always whip up three cans at a time. Why waste 5 minutes more making it again the next day? It keeps in the refrigerator.

Using a large shallow pan, I dump the sugar and cornstarch and stir, mixing well. Add vinegar, cloves, catsup, oil, salt and vanilla. Stir again well. Open the beets and add 1 1/2 cups of the juice. Discard the rest. Cut all the beets into bite size and dump in the pan. Cook over medium heat 3 minutes, stirring all the time until it thickens. That's all there is to it.

Edna Olsen

HOT ORIENTAL CHESTNUTS

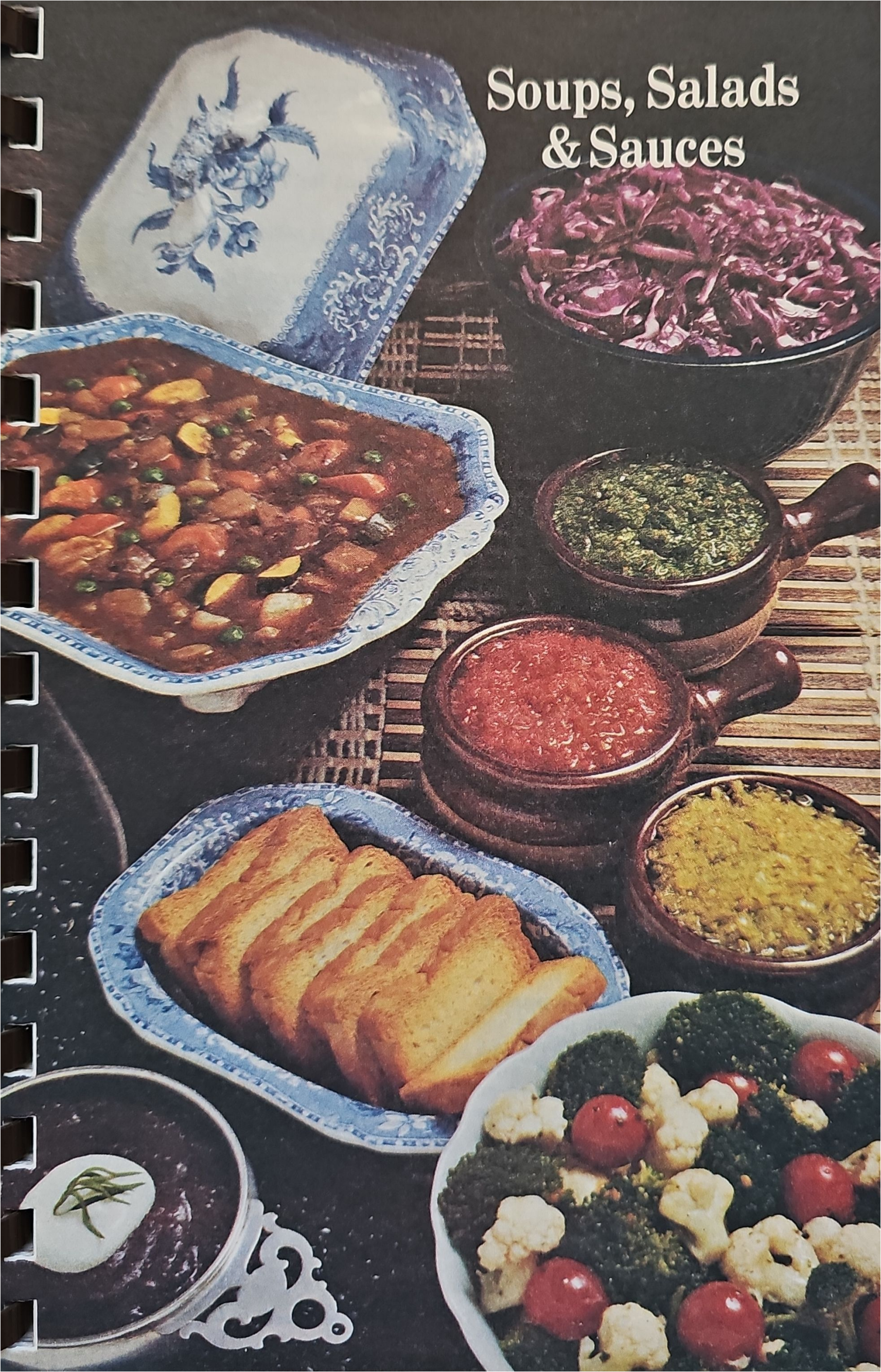
1/2 c. soy sauce
1/2 tsp. ginger
1/2 (8 oz.) can water chestnuts, cut in halves)
6 slices bacon, cut into thirds
sugar

Combine all ingredients, except bacon and sugar, in a 2-cup measure. Marinate 3 to 4 hours. Roll water chestnuts in bacon, coat with sugar and skewer with toothpicks. Microwave 7 to 8 minutes on High or broil in oven until crisp.

Vicki Leone

<<< Extra Recipes >>>

Soups, Salads & Sauces



Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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PRETZEL SALAD

(Serves 12 To 16)

2 1/2 c. coarsely chopped pretzels
3 Tbsp. powdered sugar
3/4 c. melted margarine
8 oz. cream cheese
1 beaten egg
1 c. powdered sugar
9 oz. Cool Whip
2 small pkg. Jell-O
2 c. hot water
2 small pkg. berries (strawberries, raspberries, blueberries)

Mix pretzels, 3 tablespoons powdered sugar and melted margarine together and put in pan. Bake 10 minutes at 350°. Cool. Beat cream cheese, egg and 1 cup powdered sugar. Fold in 9 ounces Cool Whip. Spread over cooled pretzels and chill well. Mix Jell-O with hot water and berries. Spread over Cool Whip mixture; chill overnight.

Arlis Clarke

7 LAYER SALAD

1 head lettuce
1 c. diced celery
1/2 c. green pepper, diced
1/2 c. green onion, diced
1 pkg. frozen peas
2 c. mayonnaise
1 Tbsp. sugar (sprinkled over)
1/2-inch layer grated Cheddar cheese

Cut lettuce in bite size pieces and put in 13-inch cake pan. Put on each layer as listed: lettuce, celery, green pepper, green onion, peas, mayonnaise, sugar and cheese. Refrigerate overnight. Just before serving, add broken pieces of crisp bacon.

Mary Lambert

COLLEEN'S CABBAGE SALAD

1 head cabbage
4 to 6 green onions, chopped
2 pkg. Top Ramen noodles, crushed*
1/2 to 1 c. almonds
sesame seed

*Any flavor, Garden Vegetable preferred.

Dressing:

1 c. oil
1/4 c. rice vinegar
pinch of sugar
2 pkg. seasoning from Top Ramen noodles

Mix salad ingredients and serve.

Note: Use chicken flavor Top Ramen and add cold cooked chicken to salad, too!

Eileen Newcomb

JELLO SALAD SUPREME

1 large pkg. Jell-O
1 large pkg. cream cheese (at room temperature)
1 (8 oz.) Cool Whip
1 c. chopped nutmeats
2 medium jars maraschino cherries, diced
1 can crushed pineapple, drained

Mix Jell-O and set aside. Then whip cream cheese and blend in Cool Whip. Add nuts, pineapple and cherries. Combine creamed mixture with Jell-O and pour into a 9 x 13-inch cake pan. Chill until firm.

Gail Barth

TOMATOES AND ONION SALAD

2 large beefsteak tomatoes
1 medium red onion
1/4 c. olive oil
2 tsp. ground oregano
1 tsp. salt

Slice tomatoes and red onion in bowl; place in alternate layers. Mix oil, oregano and salt well. Pour over tomatoes. Cover and chill at least 2 hours. Remove from refrigerator 15 minutes before serving. Serves 6.

Dolores K. Boice

MOLDED CRAB SALAD

2 pkg. lemon Jell-O, dissolved in 1 c. hot water
2 c. tomato juice
1 c. or 1 can crab
1 tsp. grated onion
1/4 c. green pepper
1 Tbsp. vinegar or lemon juice
1 bottle green stuffed olives (small ones)
3/4 c. chopped celery
few chopped sweet pickles

Add tomato juice to dissolved lemon Jell-O; let stand

until it starts to thicken. Then add crab, onion, green pepper, vinegar or lemon juice, olives, celery and sweet pickles. Pour into any Jell-O mold to refrigerate.

Arlis Clarke

CARROT SALAD

(Serves 12 Or More)

5 c. carrots, sliced in thin rounds
1 small green pepper, chopped fine
1 medium onion, chopped fine
1 (10 oz.) can tomato soup
1 c. sugar
1/2 c. vegetable oil
3/4 c. cider vinegar
1 tsp. salt (optional)
1/2 tsp. pepper
1 tsp. prepared mustard
1 tsp. Worcestershire sauce

Cook carrots 2 to 3 minutes; must be firm. Add green pepper, onion, tomato soup, sugar, oil, vinegar, salt, pepper, mustard and Worcestershire sauce. Mix together; pour over carrots. Refrigerate overnight.

Martha Sparks

LIME JELLO SALAD

1 (6 oz.) pkg. lime Jell-O
1 (8 oz.) pkg. cream cheese
1 qt. pears
2 1/2 c. pear juice
1/2 pt. whipping cream

Combine Jell-O and cream cheese in a bowl; beat with electric beaters until smooth. Heat pear juice until hot. Pour over cream cheese and Jell-O. Add 1/2 pint whipping cream; beat on medium for 3 minutes. Put pears in mold; pour mixture over pears. Put in refrigerator until set.

Ralph Salzillo

ARTICHOKE SALAD

1 pkg. Rice-A-Roni with almonds
1 jar marinated artichokes and liquid, cut up
1 small can sliced olives
1 (8 oz.) can sliced water chestnuts
2 green onions, chopped
1/3 c. mayonnaise
slivered almonds to taste
chow mein noodles (optional)

Prepare rice as directed; cool. Then add all other ingredients. If chow mein noodles are used, make a well in

center of mixture before refrigerating and then fill with noodles just before serving.

Sandra Burns

SHRIMP SALAD

2 Tbsp. chopped green pepper
1/2 c. chopped green onion
1/2 c. chopped celery
1 small jar pimiento, chopped
1 small can black olives
1 c. mayonnaise
2 Tbsp. milk
2 Tbsp. garlic wine vinegar
2 c. cooked fresh shrimp
1 small can Chinese noodles

Combine chopped vegetables and olives in bowl. Blend mayonnaise, milk and vinegar. Pour over vegetable mixture and marinate overnight. Add shrimp and noodles right before serving. Serves 4.

Alice Smith

SHRIMP SALAD

3 c. cooked rice
3/4 c. chopped celery
3/4 c. chopped green onions
2 large tomatoes
1 can shrimp
1 c. mayonnaise

Note: One cup of raw rice equals 3 cups of cooked. (Rinse in cold water.)

Add celery and green onions to cooked rice. Mix well. Add large tomatoes (peeled and diced) and shrimp (drained, but not rinsed). Add about 1 cup mayonnaise (not salad dressing). Add enough to get the right consistency. Salt and pepper to taste. Store in the refrigerator overnight for the best taste.

Rosaleen Farmer

RIBBON SALAD

(24 Servings)

2 (3 oz.) pkg. lime gelatin
5 c. hot water
4 c. cold water
1 (3 oz.) pkg. lemon gelatin
1/2 c. miniature marshmallows
1 c. mayonnaise
2 (3 oz.) pkg. cherry gelatin
1 c. pineapple juice
1 (8 oz.) pkg. cream cheese
1 (1 lb. 4 oz.) can crushed pineapple
1 c. heavy cream

Dissolve lime gelatin in 2 cups hot water. Add 2 cups cold water. Pour into 14 x 10 x 2-inch pan. Chill until

partially set. Dissolve lemon gelatin in 1 cup hot water in top of double boiler. Add marshmallows and stir to melt. Remove from heat. Add pineapple juice and cream cheese. Beat until well blended and stir in pineapple. Cool slightly. Fold in heavy cream (whipped) and mayonnaise. Chill until thickened. Pour over lime gelatin and chill until almost set. Dissolve cherry gelatin in 2 cups hot water. Add 2 cups cold water. Chill until syrupy. Pour over pineapple layer; chill until firm.

Southworth

TACO SALAD

1 head lettuce, chopped
2 large tomatoes, chopped
1 can olives, sliced in half
1 pkg. hamburger, cooked and all fat drained off
2 to 3 c. grated cheese
1 small bag Doritos, crushed
1 small chopped onion (optional)

Add all ingredients into large bowl. Toss and serve.

Sharon McDonald

MANHATTAN DELI SALAD

1 pkg. (12 oz.) spiral pasta
1 1/4 c. pitted olives, sliced
1 c. chopped green or red pepper
1/4 lb. hard salami, cut in thin strips
1 small red onion, cut into rings
1/4 to 1/2 c. grated Parmesan cheese
1/4 c. chopped parsley
3/4 c. Italian dressing

Cook pasta according to package directions. In large bowl, combine olives, green or red pepper, salami, onion, cheese, parsley and Italian dressing. Add pasta and toss well. Serve at room temperature or chilled. Makes 6 servings.

Ronda M. Sheehan

FRUIT SALAD

1 small pkg. Jell-O instant lemon pudding
1 (20 oz.) can crushed pineapple
1 (16 oz.) can fruit cocktail, drained
1 small can Mandarin oranges, drained
1 to 2 c. Cool Whip

Combine instant lemon pudding with crushed pineapple in

its juice. Mixture will thicken. Add drained fruit cocktail and Mandarin oranges. Mix well. Add Cool Whip. Chill. (I substitute sliced bananas or chopped apples for Mandarin oranges.) Serves 6 to 8.

Loretta Salzillo

PICNIC TIME LAYERED SALAD

1 head lettuce
1 c. chopped celery
1/2 c. thinly sliced green onion
1 (8 oz.) can water chestnuts
1 (10 oz.) pkg. frozen green peas
1/2 c. chopped green pepper
1 1/4 c. mayonnaise
1 Tbsp. sugar
2 Tbsp. vinegar

Layer vegetables in order: lettuce, celery, green onion, water chestnuts, peas and green pepper. Combine mayonnaise and sugar; thin with vinegar. Spread over top, completely covering vegetables. Refrigerate overnight.

Before serving, sprinkle top with 2 hard-boiled eggs, chopped, and 1 cup shredded Cheddar cheese.

Optional: Sprinkle with Bac*Os or crumbled cooked bacon or add seasoned salt or 1/4 teaspoon garlic powder.

Gail Barth

HOT TURKEY SALAD

1 c. mayonnaise
2 Tbsp. lemon juice
1/2 tsp. salt
1 small onion
2 c. diced, cooked turkey
2 c. chopped celery
1/2 c. sliced almonds
1/2 c. grated cheese
crushed potato chips

In large mixing bowl, blend all ingredients together, except 1/2 cup grated cheese and potato chips. Place turkey mixture in a shallow, heat resistant, nonmetallic 8-inch square baking dish. Sprinkle top with grated cheese and potato chips.

Microwave directions: Heat, uncovered, on Roast for 8 minutes or until cheese melts.

Oven directions: Turn turkey mixture into a greased baking dish and sprinkle with cheese and potato chips. Bake at 400° for 15 minutes. Serves 4 to 6.

Salmon, shrimp, tuna or chicken can be substituted for

the turkey. May add chopped carrots or canned water chestnuts for added crunchiness.

Colleen Thomas

CHRISTMAS RIBBON SALAD

2 (3 oz.) pkg. lime Jell-O
1 (3 oz.) pkg. lemon Jell-O
1 c. hot water
1/2 c. marshmallows, cut small
1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
1 (No. 2) can crushed pineapple, drained (reserve juice)
1 c. heavy cream, whipped
2 (3 oz.) pkg. cherry Jell-O

Prepare lime Jell-O according to package directions. Pour into 15 x 10 x 2-inch pan. Chill until almost set. Dissolve lemon Jell-O in 1 cup of hot water in top of double boiler. Add marshmallows and melt. Remove from heat. Add 1 cup pineapple juice, cream cheese and mayonnaise. Beat with a rotary beater until blended. Stir in one cup drained pineapple. Cool slightly. Fold in whipped cream. Chill until thickened; then pour over lime Jell-O. Chill until almost set.

Prepare cherry Jell-O according to package directions. Chill until it is the consistency of egg whites. Pour over pineapple layer. Chill until firm. Yield: 24 to 36 portions.

Gail Barth

BROCCOLI-CHEDDAR CHEESE SALAD

3/4 lb. broccoli
boiling water
2 Tbsp. pine nuts
chive dressing
4 oz. Cheddar cheese, cut into matchsticks-size pieces
1/4 lb. mushrooms, thinly sliced

Trim off broccoli stem ends and peel outer layer of stalks. Cut flowerets from stalks and cut stalks crosswise into thin slices. Place flowerets and stalks in a steamer basket; sit in a kettle over 1 inch of boiling water. Cook, covered, until barely tender when pierced (about 5 minutes). Rinse with cold water and drain again. Meanwhile, place the pine nuts in a frying pan over medium-low heat and cook, stirring, until golden, about 5 minutes.

To serve, gently mix together in a salad bowl, broccoli, cheese, mushrooms and dressing; sprinkle with roasted pine

nuts.

Chive Dressing:

4 Tbsp. olive oil
3 Tbsp. lemon juice
2 Tbsp. minced chives or green onions
1/4 tsp. each: garlic salt and dry mustard
1/8 tsp. white pepper

Combine all ingredients.

Diane Anderson

TACO SALAD

huge glob mayonnaise
lesser glob chili sauce
crushed garlic
lemon juice
Worcestershire sauce
1 shot Tabasco sauce
1 dab horseradish
5 solid shakes chili powder
1 shot cayenne pepper
1/4 to 1/3 c. Parmesan cheese
1 to 2 chopped green onions
1 to 2 hard boiled eggs
lettuce
tomato
avocado
Fritos or Doritos chips
grated Cheddar cheese
hamburger seasoned with taco seasoning

Brown hamburger; mix taco seasoning thoroughly. Meanwhile, combine mayonnaise, chili sauce, garlic, lemon juice, Worcestershire sauce, Tabasco sauce, horseradish, chili powder, cayenne pepper and Parmesan cheese (amounts vary depending on size of salad). Cool hamburger. Combine all other ingredients in bowl; add hamburger. Pour sauce over all and toss. Enjoy!

Kristie Simard

ORIENTAL CHICKEN SALAD

Dressing:

5 Tbsp. sugar
1/4 c. oil (1 Tbsp. sesame)
2 tsp. salt
1 tsp. m.s.g.
1/4 tsp. pepper
1/4 c. rice vinegar
juice of 1 lemon (2 to 3 Tbsp.)
2 Tbsp. grated ginger or 1 tsp. ground

Salad:

1 whole chicken breast, cooked, skinned and shredded
4 Tbsp. toasted sesame seed
4 Tbsp. toasted slivered almonds
1 large head cabbage, sliced thin
3 to 4 green onions, chopped
3 pkg. instant uncooked Ramen noodles, crumbled

Mix chicken, cabbage and onions. Toss with dressing. Just before serving, add noodles, sesame seed and almonds. Toss gently. Add dressing to taste.

Alice Smith

CAULIFLOWER-BROCCOLI SALAD

1 large head cauliflower
1 bunch broccoli, broken into bite size pieces
1/2 c. mayonnaise
1/2 c. sour cream
garlic and onion powder to taste
1 pkg. Uncle Dan's original dressing

Mix ingredients together and toss over broccoli and cauliflower. Chill. Serves at least 8.

Loretta Salzillo

SPINACH SALAD

(Preparation Time 2 Hours; Serves 8 To 10)

4 bunches spinach, washed and dried

Dressing:

1 onion, chopped
2/3 c. granulated sugar
1 tsp. salt
1/2 tsp. pepper
1 tsp. celery seed
3 Tbsp. Dijon mustard
1/3 c. white vinegar
1 c. oil

Garnish With:

3 hard boiled eggs, chopped
1 lb. bacon, fried crisp and crumbled
4 oz. Pepperidge Farm stuffing

First prepare dressing. Put all ingredients in the blender and mix well. Refrigerate. Tear spinach and put in large bowl. Boil eggs and fry bacon; combine with spinach just before serving. Pour dressing that has been well chilled

over spinach, eggs and bacon. Toss well; add stuffing. Mix and toss again. Serve immediately!

Jennifer Deacy

SALLY SALAD

(Serves 8 To 10)

1 (3 oz.) pkg. orange Jell-O
1 small pkg. cream cheese
1/2 c. whipped cream
1/3 pkg. miniature marshmallows
1 small can crushed pineapple
1 c. mayonnaise (Miracle Whip)

Dissolve Jell-O in 1 cup boiling water. Add pineapple with juice to Jell-O and chill until slightly set. Mix 1 cup mayonnaise with cream cheese. Add to gelatin. Whip 1/2 cup whipping cream and fold into Jell-O with 1/3 bag of marshmallows. Set overnight in 9 x 13-inch glass baking pan.

A favorite of our family. May be doubled for a group.

CHICKEN SALAD

1 pkg. Ramen noodles (without seasoning)
1/2 head cabbage, finely chopped
2 green onions
2 Tbsp. toasted sesame seed
2 Tbsp. toasted sliced almonds
1 chicken breast, boiled and shredded

Dressing:

1/2 c. oil
1/2 tsp. pepper
1 tsp. salt
2 Tbsp. sugar
3 Tbsp. rice vinegar
1 tsp. m.s.g.

Put dressing, almonds and sesame seed on last 1/2 hour before you serve.

WICKI-WACKI SALAD

9 oz. Cool Whip
1 c. cottage cheese
3 oz. orange jello
1/2 c. chopped nuts
1 (16 oz.) can crushed pineapple
1 (11 oz.) can drained, cut-up Mandarin oranges

Mix Cool Whip and dried jello powder. Add rest of ingredients.

Laura Marcy

TUNA SALAD

4 oz. twist macaroni, cooked
1 can tuna
1 c. frozen petite peas
1 c. celery, chopped
1/2 c. red onion, chopped

Dressing:

1 c. mayonnaise
2 Tbsp. vinegar
1 Tbsp. dill weed
dash of pepper

Mix all together and toss with dressing.

Laura Marcy

"PAPA" SOUP

(Mexican Potato Soup)

4 medium potatoes
1/4 c. vegetable oil
3 medium tomatoes
1/2 large onion
1 small handful cilantro
2 1/2 c. chicken broth
2 small cans diced green chilies
3/4 c. shredded Cheddar cheese
3/4 c. shredded Jack cheese

Cut potatoes in half lengthwise and then into 1-inch slices. In large pot cook potatoes in vegetable oil until edges are transparent; then transfer to a dish to drain. Reserve 2 tablespoons of oil in pot. Place tomatoes, onion and cilantro with a small amount of chicken broth into a blender and blend until smooth. Saute this mixture for 10 minutes in the reserved oil. Return potatoes to pot and simmer for 10 minutes; add remaining chicken broth and bring to a rolling boil. Lower heat to simmer and cook for 30 minutes or until potatoes are just tender. Add green chilies and both cheeses, stirring occasionally; heat until cheese is melted. Add salt and pepper to taste. Serve with warm tortillas and additional shredded cheese, if desired.

Earl and Gloria Cross

CABBAGE PATCH SOUP

1 lb. ground beef
4 ribs celery, diced
1 medium onion, diced
1 (8 oz.) can tomato sauce
1/2 tsp. chili powder
1/8 tsp. pepper

2 cloves garlic, minced
1 (28 oz.) can tomatoes, diced
1 (10 3/4 oz.) can beef broth
1 soup can water
1 (15 oz.) can kidney beans
salt to taste
1 tsp. sugar
1/2 medium head cabbage, cut into bite size pieces

In a large saucepan brown beef, celery and onion. Add remaining ingredients and cook over medium heat for 20 minutes. Reduce heat to low and simmer about 1 hour.

Ralph Salzillo

ITALIAN SAUSAGE SOUP

1 1/2 lb. mild Italian sausages, cut into 1/2-inch slices
2 cloves garlic, minced
2 large onions, chopped
1 (28 oz.) can Italian-style tomatoes
3 (14 1/2 oz.) cans beef broth
1 1/2 c. dry red wine or water
1/2 tsp. dry basil
3 Tbsp. chopped parsley
1 medium green pepper, seeded and chopped
3 medium zucchini, cut into 1/2-inch slices
5 oz. medium bow-shaped noodles
grated Parmesan cheese

In 5-quart pan over medium-high heat, cook sausage slices until lightly browned on the outside. Remove from pan with a slotted spoon, drain on paper towels and set aside. Spoon off and discard all but 3 tablespoons drippings. Add garlic and onions; cook, stirring occasionally until onions are soft (about 5 minutes). Stir in tomatoes (break up with a spoon) and their liquid; then add sausage slices, broth, wine or water and basil. Bring to a full rolling boil; cover, reduce heat and simmer for 20 minutes. Stir in parsley, green pepper, zucchini and noodles. Cover and simmer, stirring occasionally, until noodles are al dente (10 to 15 minutes). Skim off and discard fat. Pass cheese at the table to spoon over individual servings.

Ralph Salzillo

BOUILLABAISSE

1/2 c. olive oil
1 1/2 c. leeks, chopped
1 c. yellow onion, chopped
2 c. tomato puree
salt and pepper to taste
6 Tbsp. sweet butter
2 tsp. flour
2 qt. fresh mussels, scrubbed

3 c. fresh tomatoes, chopped
2 tsp. dried thyme
1/2 c. Italian parsley, chopped
2 bay leaves
1 1/2 tsp. whole saffron
2 c. dry white wine
4 c. fish stock
48 cherrystone clams, scrubbed
3 lb. skinless white fish steak (bass, snapper or cod)
36 medium shrimp, shelled
4 (1 lb.) lobster tails, shelled and halved crosswise

Heat olive oil; add leeks and onions. Cook covered. Add tomato puree, tomatoes, parsley, bay leaves, wine, fish stock, salt and pepper. Simmer for 20 minutes. Blend butter and flour in bowl; whisk into tomato mixture. Add mussels, clams in their shells and saffron; simmer for 5 minutes. Add fish, shrimp and lobster tails. Simmer for another 5 minutes. Do not overcook. Ladle into hot soup plates; garnish with fried garlic and croutons; serve immediately.

Dulce Lizza Reyes - Sahagun

LENTIL SOUP

1 c. lentils, washed
1 large stalk celery, finely chopped
1 large carrot, finely chopped
3 cloves whole garlic
1 medium onion, finely chopped
1/2 c. olive oil
1 tsp. salt
1/4 tsp. pepper
3/4 c. tomato sauce
1 bay leaf
2 Tbsp. red wine vinegar

Cover lentils with water. Boil 3 minutes; drain. Add 6 cups water, celery, carrot, garlic, onion, oil, salt, pepper, tomato sauce and bay leaf. Bring to a boil. Cover and simmer 1 to 1 1/2 hours. Add more hot water, if needed. Add vinegar; cook 10 minutes longer.

Diana Anderson

MARGIE'S DILL

(For Vegetables)

2/3 c. mayonnaise
2/3 c. sour cream
1 Tbsp. chopped green onion
1 Tbsp. chopped parsley
1 Tbsp. dill weed (not the seeds)

Combine all ingredients and let chill for at least one hour.

Alice Smith

MY OWN SPAGHETTI SAUCE

2 lb. lean ground beef
1 medium onion, chopped
2 large cans Hunt's tomato paste
2 large cans Campbell's tomato soup
2 tsp. garlic powder
1 tsp. celery seed
1 tsp. ground oregano

Cook in a 4-quart container. Stir the ground beef, onion and tomato paste together. Do not brown the meat first! Then add the remaining ingredients. This can be done in the container the sauce is cooked in.

In a crock-pot: Cook on high for 4 hours.

In a microwave oven: Cook, covered, for 1 hour on Medium heat; stir every 15 minutes.

In a conventional oven: Cook, covered, for 1 hour at 350°, stirring every 15 to 20 minutes.

Margaret Hofstee

LYNN'S BARBEQUE SAUCE

1/2 c. vinegar
1/2 c. brown sugar, packed
1/2 c. catsup
1/4 c. chili sauce
1/4 c. Worcestershire sauce
1 Tbsp. lemon juice
1/2 tsp. dry mustard
1 clove garlic, crushed or equal amount garlic powder

In medium saucepan combine all ingredients. Simmer, uncovered, for 1 hour, stirring occasionally. Ready for use or store in refrigerator.

Lynn Flamiatos

TACO SALAD DRESSING

1/2 c. sugar
1/2 tsp. salt
1/2 c. salad oil
1/3 c. wine vinegar
1 can tomato soup, undiluted

Place all ingredients in quart jar. Shake until well mixed. Serve with taco salad.

Sharon McDonald

DIJON VINAIGRETTE SALAD DRESSING

3/4 c. vinegar (red wine vinegar is nice for Italian-style)
1 1/2 Tbsp. Dijon mustard
1 Tbsp. salt
1/2 tsp. pepper
1/2 tsp. sugar
1 tsp. Italian herbs

Any or all of the following optional ingredients make for an extra nice dressing.

1 Tbsp. fresh chopped parsley
1/4 c. grated onion
1 clove chopped garlic
1/4 c. fresh lemon juice

Shake the ingredients in a tight glass jar or cruet; then add 3 cups salad oil (olive oil is the best, though not necessary). Shake together.

It is best after it has sat a few hours.

Carolyn Marcell

SWEET RED DRESSING FOR SALADS

3/4 c. vinegar
1/4 c. fresh lemon juice
1 c. tomato catsup
2/3 c. white sugar
1 1/2 Tbsp. Dijon mustard
1 Tbsp. salt
1/2 tsp. pepper
1/2 grated onion
1 Tbsp. fresh chopped parsley (optional)

Blend the ingredients together with wire whip, blender or food processor; then gradually add while beating, 1/4 cup paprika and then 2 1/2 cups salad oil. Delicious!

Carolyn Marcell

BLUE CHEESE DRESSING FOR SALADS

2/3 c. crumbled Blue cheese
1 tsp. salt
1/2 tsp. pepper
1/4 c. fresh lemon juice
1 Tbsp. fresh chopped parsley (optional)
1/2 c. Parmesan cheese
1 c. sour cream
1 c. mayonnaise

Mix the ingredients well and serve over salad greens.

Carolyn Marcell

GRANDMA KOCH'S FRENCH DRESSING

1/2 c. oil
1/4 c. vinegar
1/2 c. sugar
1/2 c. catsup
1 tsp. paprika
1 tsp. salt
juice of 1 lemon
1/2 grated onion

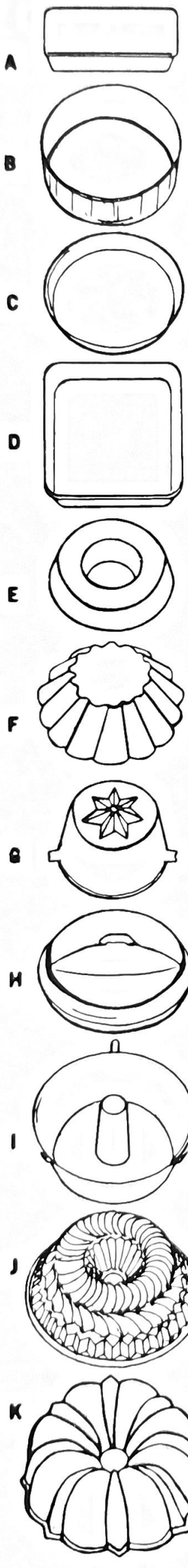
Place all in pint jar and shake well. Make a day ahead so that the flavors may blend together.

Marge Koch

<<< Extra Recipes >>>

Main Dishes (Casseroles)

Common Kitchen Pans to Use as Casseroles



WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate
8 x 1¼-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2¼-inch loaf pan -A

6-cup baking dish:
8 or 9 x 1½-inch layer-cake pan -C
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -A

8-cup baking dish:
8 x 8 x 2-inch square pan -D
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan -A

10-cup baking dish:
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan

12-cup baking dish or over:

13½ x 8½ x 2-inch glass baking pan	12 cups
13 x 9 x 2-inch metal baking pan	15 cups
14 x 10½ x 2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½ x 3-inch "Bundt" tube -K	6 cups
9 x 3½-inch fancy tube or "Bundt pan -J or K	9 cups
9 x 3½-inch angel-cake pan -I	12 cups
10 x 3¾-inch "Bundt" or "Crownburst" pan -K	12 cups
9 x 3½-inch fancy tube -J	12 cups
10 x 4-inch fancy tube mold (kugelhupf) -J	16 cups
10 x 4-inch angel-cake pan -I	18 cups

Melon Mold:

7 x 5½ x 4-inch mold - H	6 cups

Spring-Form Pans:

8 x 3-inch pan -B	12 cups
9 x 3-inch pan -B	16 cups

Ring Molds:

8½ x 2¼-inch mold -E	4½ cups
9¼ x 2¾-inch mold -E	8 cups

Charlotte Mold:

6 x 4¼-inch mold -G	7½ cups

Brioche Pan:

9½ x 3¼-inch pan -F	8 cups

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MAIN DISHES

CRAB AND MUSHROOM RAMEKINS

2 Tbsp. butter
1/2 lb. mushrooms, sliced
1 1/2 Tbsp. flour
2/3 c. dry white wine
1/2 c. sour cream
3/4 c. shredded Swiss cheese
3/4 lb. crab meat
salt and pepper
toasted slivered almonds

In frying pan over medium heat, melt butter and saute mushrooms until golden brown. Lift out a few mushrooms and set aside for garnish. Sprinkle remaining mushrooms with flour and stir until bubbly. Remove from heat and slowly add white wine. Return to heat and cook, stirring, until thickened. Stir in sour cream, cheese and crab meat. Season to taste with salt and pepper. Spoon into 2 individual shallow baking dishes and garnish with reserved mushrooms and slivered almonds. (Cover and refrigerate if made ahead.) Heat, uncovered, in 325° oven for 10 to 15 minutes (20 to 30 minutes if refrigerated).

Sandy Hayes

MARINATED FLANK STEAK

2 lb. flank steak
1 pkg. Crescent meat marinade

Follow directions on package of marinade. Place steak in shallow pan and cover with marinade. Let sit for 24 hours, turning once after 12 hours. Barbecue on grill 15 minutes to a side or until done. Cut steak into strips across the grain and serve. Serves 4.

Terri Conover-Huber

HAMBURGER TWIST

1 lb. ground beef
1 c. diced onions
1 glove garlic or equivalent in garlic powder
1 (8 oz.) can tomato sauce
dash of salt and pepper
1 c. ketchup
2 Tbsp. Worcestershire sauce
1 (4 oz.) can mushrooms (optional)
1/2 tsp. Italian seasoning
2 c. noodle twists (dry)

Brown ground beef and onions; drain fat. Add all ingredients except mushrooms and noodles. Let simmer 20

minutes. Cook noodles according to package directions and drain. Add noodles and mushrooms; let simmer an additional 10 minutes.

It's easy, fast and the kids love the noodle twists!

Pat Groff

SALMON PATTIES

1 fresh salmon or 2 lb. canned salmon
salt and pepper
2 eggs
1/2 tsp. dry mustard
1 chopped onion
1/2 green pepper, chopped finely
1 c. cracker or bread crumbs

Grind the salmon and mix all ingredients; shape into patties. Pan fry in small amount of oil until golden. (When using fresh fish, it should be skinned and boned.)

Jeanette Carlson

SPAGHETTI PIE

6 oz. spaghetti
2 Tbsp. butter or margarine
1/3 c. grated Parmesan cheese
2 well-beaten eggs
1 recipe meat filling
1 c. cream-style cottage cheese
1/2 c. shredded Mozzarella cheese (2 oz.)

Cook spaghetti according to package directions; drain. Combine spaghetti, butter or margarine, Parmesan cheese and eggs. Press into a buttered 10-inch pie plate. Prepare meat filling recipe (follows). Spread cottage cheese over spaghetti crust. Fill crust with meat filling. Bake, uncovered, in a 350° oven for 20 to 25 minutes or until hot. Sprinkle with Mozzarella cheese. Bake for 5 minutes more or until cheese melts. Let stand 5 minutes. Serves 6.

Meat Filling:

1 lb. ground beef
1/2 c. chopped onion
1/4 c. chopped green pepper
1 (8 oz.) can undrained tomatoes, cut up
1 (6 oz.) can tomato paste
1 tsp. sugar
1 tsp. dried oregano, crushed
1/2 tsp. garlic salt

Cook ground beef, onion and green pepper until meat is

brown. Drain. Stir in tomatoes, tomato paste, sugar, oregano and garlic salt. Heat through.

Lynn Flamiatos

CHILE RELLENO BAKE

2 c. shredded Jack cheese
2 (4 oz.) cans whole green chilies
2 c. shredded Cheddar cheese
2 (5 1/2 oz.) cans evaporated milk
4 Tbsp. flour
4 eggs, beaten

In 2-quart baking dish (with lid) layer Jack cheese, split green chiles (rinsed, seeds removed and dried) and Cheddar cheese. Gradually add milk to flour, mixing until well blended. Add beaten eggs; mix well. Pour milk, flour and egg mixture over layered cheeses and chiles. Cover; bake 1 hour at 300°. Remove from oven for 10 minutes before serving. Serve with taco sauce and/or sour cream.

Jennifer Deacy

CHINESE HAMBURGER

1 lb. ground beef
1 c. chopped celery
1 c. chopped green peppers
1 can cream of mushroom soup
1 can cream of chicken soup
1 1/2 c. water
1/2 c. raw rice
2 Tbsp. soy sauce
2 small cans mushrooms (1 button and 1 pieces and stems)
1 c. chopped onions
1 medium size can dry oriental noodles

Brown meat, onions, celery and peppers. Saute 5 minutes. Put into baking dish. Add soups, water, rice, soy sauce and mushrooms. Bake, covered, at 350° for 30 minutes. Add dry noodles on top and bake, uncovered, for 30 minutes.

Judy Durbin

GLAZED BEEF LOAF

2 eggs, beaten
2/3 c. milk
2 tsp. salt
1/4 tsp. pepper
3 slices bread, cut into cubes
2 lb. ground beef
2/3 c. finely chopped onion
2/3 c. raw carrot, shredded
1 1/2 c. grated Cheddar cheese

Glaze:

1/4 c. ketchup
1/4 c. brown sugar
1 Tbsp. prepared mustard

Mix eggs, milk, seasonings and bread until bread is broken up. Add ground beef, onion, carrot and cheese. Mix well. Form loaf in a 13 x 9-inch pan. Bake at 350° for 1 hour and 15 minutes. Mix glaze; spread over loaf and bake an additional 15 minutes. Serves 10.

Paulette Koble

ALMOND CHICKEN

1 1/2 c. water
4 Tbsp. dry sherry
2 1/2 Tbsp. cornstarch
4 tsp. soy sauce
1 tsp. instant chicken bouillon granules
4 whole chicken breasts
1 egg white
1/2 tsp. salt
1 large carrot
6 green onions
3 stalks celery
8 fresh mushrooms, sliced
3 c. vegetable oil
1/2 c. blanched whole almonds
1 tsp. grated fresh ginger root
1/2 c. drained, sliced bamboo shoots

Combine water, 2 tablespoons (30mL) of the sherry, 1 1/2 teaspoons (22mL) of the cornstarch, the soy sauce and bouillon in small saucepan. Cook and stir over medium heat until mixture boils and thickens, about 5 minutes. Keep warm. Remove skin and bones from chicken. Cut chicken into 1-inch (2.5cm) pieces. Combine remaining 2 tablespoons (30mL) sherry, 1 tablespoon (15mL) cornstarch, egg white and salt. Mix in chicken pieces.

Pare carrot and dice. Cut onions into 1-inch (2.5cm) pieces. Cut celery diagonally into 1/2-inch (1.5cm) slices. Heat oil in wok over high heat until it reaches 375°. Add chicken pieces, one at a time, to hot oil (cook only 1/3 of the pieces at a time). Cook until light brown, 3 to 5 minutes. Drain on absorbent paper. Repeat with remaining chicken.

Remove all but 2 tablespoons oil from wok. Stir-fry almonds in the oil until golden, about 2 minutes. Drain. Add

carrot and ginger to wok. Stir-fry 1 minute. Add all remaining vegetables. Stir-fry until crisp-tender, about 3 minutes. Mix in chicken, almonds and sauce. Stir-fry until hot. Makes 4 to 6 servings.

CLAM OR CRAB SOUFFLE

3 Tbsp. butter
6 Tbsp. flour
2 c. liquid (use clam juice or milk)
1 small onion, chopped
1 can crab or clams
3 egg yolks
18 white crackers, mashed to crumbs (bread cubes work well also)
1/2 tsp. horseradish (for crab)
3 egg whites
1/2 tsp. baking powder

Make a white sauce of the butter and flour. Add liquid to mixture and remove from heat.

Stir egg yolks into onion, crackers and crab or clams. Add horseradish (for crab). Beat egg whites with baking powder. Fold mixtures together in casserole. Bake 30 to 40 minutes or until firm to the touch.

LEMON-CLAM LINGUINI

2 (6 1/2 oz.) cans minced clams
1 small onion, chopped
3 cloves garlic, minced
2 Tbsp. oil
2 Tbsp. butter
1 tsp. oregano
1/2 tsp. salt
1/8 tsp. pepper
2 Tbsp. chopped fresh parsley
1 to 2 Tbsp. lemon juice
1 tsp. grated lemon rind
1 (8 oz.) pkg. linguini, cooked
grated Parmesan cheese

Drain off clam juice and reserve. Saute onion and garlic in oil and butter in saucepan until tender, but do not brown. Add reserved clam juice, oregano, salt and pepper. Bring to a boil over high heat; cook until reduced to 1 cup. Lower heat and add clams, parsley, lemon juice and lemon rind. Heat thoroughly; toss with linguini. Serve with Parmesan cheese. Yield: 4 servings.

Jo Marie Ford

VAL'S HAM RING

1 Tbsp. butter
1/4 c. chopped parsley or 2 Tbsp. parsley flakes
2 Tbsp. onions, finely chopped
2 Tbsp. prepared mustard
1 tsp. lemon juice
1 (8 oz.) can crescent dinner rolls
1 1/2 c. shredded white cheese (Swiss or Jack)
1 c. broccoli, cooked and drained
1 c. cooked diced ham

In mixing bowl combine butter, parsley or parsley flakes, onions, mustard and lemon juice. Blend well. Add ham, cheese and broccoli; mix lightly. Set aside. Separate dough into 8 triangles in a circle on greased cookie sheet. Arrange triangles with bases overlapping, center opening should be about 3 inches in diameter with points toward outside. Spoon ham filling in ring over bases of triangles. Fold points of triangles over filling and tuck under bases at center of circle. Bake at 350° for 25 to 30 minutes.

Eileen Newcomb

HERB-BAKED CHICKEN

2 1/2 to 3 lb. chicken, cut into serving pieces
1 tsp. garlic salt
1 tsp. paprika
1/2 tsp. oregano
1/4 tsp. pepper
juice and grated peel of 1 lemon
1 (4 1/2 oz.) jar diced mushrooms

Microwave on High power for 10 to 12 minutes. Makes 4 servings; combine all 5 spices and rub over chicken. In oblong dish, arrange chicken (thick-side to edge of dish). Drizzle with juice and top with mushrooms. Cover with wax paper. Cook 10 to 12 minutes. Let stand, covered, 5 minutes and serve.

Ellie Jacobsen

HAMBURGER HARD ROLLS

6 (4-inch) hard rolls
1/2 lb. lean ground beef
1 can chopped black olives
1 bunch green onions, sliced
bottled chili sauce
1 c. Cheddar cheese, grated

Slice off a thin top of hard rolls; then scoop out insides, taking care not to puncture walls. Rub inside with garlic and butter. Mix remaining ingredients with the bottled

chili sauce to make a moist, meat loaf-like mixture; then spoon into hollowed-out rolls. Replace roll tops. Bake at 350° for about 1 hour.

Lynn Burns

FIVE CAN DINNER

1 can tuna
1 small can milk
1 can chicken noodle soup
1 can cream of mushroom soup
1 can Chinese noodles

Mix and bake or microwave.

Lois Wakefield

VIVA LA CHICKEN

4 chicken breasts
1 doz. corn tortillas, torn in bite size pieces
1 can mushroom soup
1 can cream of chicken soup
1 c. half and half
1 lb. grated Cheddar cheese
1 medium onion, chopped
2 cans green chile salsa

Season and bake chicken at 350° for about an hour, until done. Skin, bone and cut in bite size pieces (reserve 1/4 cup of drippings). Mix soups, cream, onion and salsa together. Grease a 9 x 13-inch dish. Pour in reserved liquid. Alternate layers of torn tortillas, chicken, cheese and soup mixture. Refrigerate for 24 hours. Bake at 300° for 1 1/2 hours. Serves 6.

Lynn Burns

SAVORY SAUSAGE CASSEROLE

6 oz. wide noodles (3 c.)
1 lb. bulk sausage (part Italian sausage)
1/2 c. chopped green peppers
1/2 c. chopped celery
1/2 c. chopped carrot
1 (10 3/4 oz.) can cream of celery soup
1/3 c. milk
1/4 c. mayonnaise
1/2 tsp. oregano
parsley (garnish)
1 c. shredded Mozzarella cheese
1/3 c. bread crumbs
2 Tbsp. melted butter

Cook noodles and drain. Cook sausage, pepper, celery and carrot until meat is brown and vegetables tender; drain fat. Combine soup, milk, mayonnaise and oregano. Stir in sausage mix and cheese. Fold in noodles. Turn into 2-quart

casserole. Sprinkle with crumbs and melted butter. Bake, uncovered, at 350° for 45 to 50 minutes. Garnish with parsley before serving.

Ralph Salzillo

STACKED ENCHILADA

1 lb. hamburger meat, cooked
1 large chopped onion
grated yellow cheese
1 pkg. flour tortillas
enchilada sauce (your choice)

Cook enchilada sauce until thickened. In a pie pan, spread bottom with about 1 tablespoon of sauce. Next, layer tortillas, hamburger, onion and cheese. Repeat this one more time. Then last, layer tortillas, onions and cheese. Spoon thickened sauce over this. Bake at 350° for 20 to 30 minutes (until onion is cooked).

Eileen Newcomb

HAMBURGER CHOW MEIN

1 medium pkg. hamburger
1 c. chopped celery
1 medium onion, chopped
1 green pepper, chopped
1/2 tsp. salt
1 can cream of mushroom soup
1 can cream of chicken soup
2 to 3 heaping c. bean sprouts
1 can chow mein noodles

In frypan brown hamburger, celery, onion, pepper and salt. Drain off fat and pour into bowl; mix in soups and sprouts. Pour in Pyrex dish and sprinkle with noodles. Bake at 350° for 1/2 hour.

Sharon McDonald

SHRIMP WITH SWEET PEAS

2 lb. medium fresh shrimp
1/2 c. cooking oil
6 pieces dried mushrooms, soaked and dried
1 c. cashew nuts
1 Tbsp. oyster sauce
2 Tbsp. soy sauce
1 c. cooked sweet peas
1 Tbsp. cornstarch, dispersed in 2 Tbsp. water

Shell and devein shrimp. Rinse; then dry on towel. Heat 1/4 cup oil in pan. Saute mushrooms and cashew nuts. Season with soy sauce and oyster sauce. Stir in shrimp and

sweet peas. Cook 2 minutes. Thicken with cornstarch. Serve immediately.

Dulce R. Sahagun

GOULASH

2 1/2 lb. hamburger
1 small onion
1 1/4 tsp. salt
dash of oregano and cumin
1/2 tsp. pepper
1 can tomato soup
1 can tomato sauce
1/4 c. ketchup
1/2 c. milk
2 c. elbow macaroni

Mix all the ingredients together and bake about 1 hour.

Mrs. Purfeerst

ITALIAN-STYLE BAKED CLAMS

2 Tbsp. oil
1 tsp. garlic powder
1 Tbsp. minced onion
1 Tbsp. parsley
1/4 tsp. oregano
1/2 c. Italian-style bread crumbs
1 c. minced clams, drained (save liquid)

Heat oil; add other ingredients. Saute until mixture is golden. Place in bowl; combine with clams and liquid to hold together. Pack into scallop or clam shells. Sprinkle with Parmesan cheese and paprika. Place shells on cookie sheet. Bake at 375° until brown and bubbly. Serves 8 to 10, depending on how much you put into shells.

Loretta Salzillo

CHILI CASSEROLE

1/4 c. butter
1/2 c. diced celery
1 medium onion, sliced
1 lb. ground beef
1/2 tsp. pepper
1 tsp. salt
4 tsp. chili powder
1/2 tsp. crushed red pepper
1/3 c. flour
1 tall can evaporated milk (1 2/3 c.)
1 (8 oz.) can chili beans
3/4 c. catsup
1 (10 oz.) pkg. cornbread mix
1/2 c. evaporated milk
1 egg

Melt butter in a large skillet. Add celery and onion; cook over low heat until tender. Add ground beef and seasonings, breaking up meat with a fork. Cook over medium heat until meat is well browned, stirring occasionally. Remove from heat; then stir in flour. Gradually stir in the 1 2/3 cups

evaporated milk; then add undrained kidney beans. Return to very low heat and cook, stirring occasionally, until mixture thickens. Stir in catsup. Pour into a 9-inch square baking dish or a 1 1/2-quart casserole. Place cornbread mix in a mixing bowl; then add the 1/2 cup milk and egg. Stir to mix well. Drop batter by heaping tablespoonfuls around edge of hot chili mixture. Bake in a 400° oven until cornbread is lightly browned, about 20 minutes.

Edna Olsen

BARBEQUED PORK

1 lb. pork loin (lean)
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. Chinese 5 spice powder
1 tsp. sherry
2 Tbsp. soy sauce
3 Tbsp. hoisin sauce
1/2 tsp. red food coloring

Cut meat in 2-inch strips. Combine all ingredients and rub mixture into pork. Marinate at least 2 hours. Roast in 350° oven on rack in pan for 25 minutes. Turn pork and roast another 25 minutes. Slice and serve hot or cold with roasted sesame seed, hot mustard and/or soy sauce.

Kathleen Guenther

BAKED FISH FILLETS

1 lb. fish fillets
1 Tbsp. lemon juice
1/8 tsp. paprika
1 Tbsp. butter or margarine
1 Tbsp. all-purpose flour
dash of salt and pepper
1/2 c. milk
1/4 c. buttered bread crumbs

Cut fillets in serving pieces. Place in greased shallow baking dish. Sprinkle with lemon juice, paprika, salt and pepper. In saucepan, melt butter; blend in flour, dash of salt and dash of pepper. Add milk; cook and stir until thick and bubbly. Pour sauce over fillets. Sprinkle with bread crumbs and to add extra flavor, Parmesan cheese. Bake at 350° for 35 minutes. Trim with parsley. Makes 3 or 4 servings.

Lynn Flamiatos

BUG JUICE CHICKEN

1/3 c. soy sauce
2 Tbsp. lemon juice
1/4 tsp. onion powder
1/4 tsp. garlic powder
1/4 tsp. poultry seasoning
1/4 tsp. powdered ginger
chicken
noodles

Pour mixture made from soy sauce, lemon juice, onion powder, garlic powder, poultry seasoning and ginger over chicken pieces. Flip the chicken, skin side up. Bake at 375° for 75 minutes, basting twice with pan juices. Cook and drain noodles. Serve the chicken on top of noodles, using all of the juice on the noodles.

Sister Lorna McCormick

MIKE'S FETTUCCINI

1 (12 oz.) pkg. fettuccini noodles
1/4 c. butter
1 c. heavy cream
1 c. sour cream
1 small container Kraft Parmesan cheese
3 to 4 green onions, chopped
garlic salt
pepper

Cook the noodles and drain. Melt the butter in the same pan; add the noodles and toss with the remaining ingredients. Heat through, over medium-low heat. Be careful not to burn, and do not let the mixture boil or it will curdle. Serve hot.

Mike Slye

PUN PUA POINT PORK

4 pork chops
4 cloves garlic
4 peppercorns
1 Tbsp. coriander
1 Tbsp. brown sugar
3 Tbsp. soy sauce

Crush garlic and peppercorns; mix all ingredients together. Marinate pork chops for 1 hour. Broil until done over a barbecue fire, basting with any leftover marinade, until the pork is no longer pink. Serve with barbecued slices of fresh or canned pineapple.

Ralph Salzillo

LASAGNE

1 large white onion, diced
4 cloves garlic, minced
2 Tbsp. oil
2 lb. ground round
1 (12 oz.) can tomato paste
1 (12 oz.) can tomato sauce
1 (No. 28) can tomatoes (solid pack)
2 tsp. Worcestershire sauce
2 1/3 tsp. Tabasco sauce
3 1/2 tsp. sugar
2 tsp. chile powder
1/2 tsp. salt
dash of pepper
14 oz. lasagne noodles
2 c. sour cream
6 c. Ricotta cheese
8 green onions, thinly sliced (with tops)
1/2 lb. sharp Cheddar cheese, grated
1/2 lb. Romano cheese, grated
3/4 lb. Mozzarella cheese, grated

Brown onion and garlic in oil; add ground beef. Pour off fat. Add tomato paste, tomato sauce, tomatoes, Worcestershire sauce, Tabasco sauce, sugar, chile powder, salt and pepper; simmer 2 hours. Prepare noodles; alternate layers, noodles, sauce, noodles and sauce in greased pan. Mix sour cream, Ricotta cheese and green onions. Top with sour cream mixture. Mix cheese together and spread over sour cream mixture. Cook at 375° for 45 minutes. Serves 6 to 8.

Jennifer Deacy

MEAT LOAF

1 lb. lean ground beef
3/4 lb. highly seasoned bulk Italian sausage
1 c. chopped black olives
1 medium onion, chopped
1 c. diced bell pepper
2 eggs
1/4 c. tomato sauce
1/2 tsp. salt
1/4 tsp. cayenne pepper
1/8 tsp. ground pepper
2 c. seasoned Italian bread crumbs

Mix all ingredients together; form into loaf and bake at 350° for 40 to 45 minutes. May also be made into burger patties and barbecued.

Ralph Salzillo

CROCK-POT ROAST

3 to 4 lb. roast
salt and pepper
1 envelope onion soup mix
1 can cream of mushroom soup or 2 to 3 stalks chopped celery and 1 can cream of celery soup

Place in crock-pot; cook on low all day or all night

until the next day's dinner. The longer it cooks, the better the taste.

Arlene Guichard

TACO CASSEROLE

1 lb. ground beef
1 (15 oz.) can chili beans
1 (8 oz.) can tomato sauce
2 Tbsp. taco sauce
2 to 4 tsp. chili powder
1 tsp. garlic salt
2 c. coarsely broken tortilla chips
1 c. dairy sour cream
1/2 c. sliced green onions
1 tomato, chopped
1 c. shredded Cheddar or Monterey Jack cheese

Cook and stir ground beef in 10-inch skillet until brown; drain. Stir in beans, tomato sauce, taco sauce, chili powder and garlic salt. Heat to boiling.

Place chips in ungreased 2-quart casserole or 12 x 7 1/2 x 2-inch baking dish. Top with beef mixture. Spread with sour cream. Sprinkle with onions, tomato and cheese. Cook, uncovered, in 350° oven until hot and bubbly, 20 to 30 minutes. Arrange additional tortilla chips around edge of casserole. Serve with shredded lettuce, chili peppers and taco sauce, if desired. Makes 6 servings.

Janet Marcy

VEAL AND PEPPERS

1 lb. or less veal chunks
1 green pepper, sliced thin
2 links Italian sausage
1/2 lb. stew beef
1 small onion
1 clove garlic
1 large can tomato sauce

Brown onion, garlic, raw meat and veal in a large pan; add sauce and water to the mixture in pan. Cover and simmer 1/2 hour. Cut sausage into pieces; brown and add veal. Salt lightly; add a teaspoon of oregano and pinch of rosemary (if desired). Simmer 1 hour. The last 15 minutes, add pepper, cooking until tender. Great served over rice or spaghetti. The next day can be heated and put on large loaf Italian bread which has been hollowed out a bit.

Ceil McGrath

HIDDEN TREASURE STUFFED MEAT LOAF

2 lb. meat loaf mixture
1/2 c. dry bread crumbs
2 eggs
1/4 c. milk
2 Tbsp. snipped parsley
1 Tbsp. Worcestershire sauce
1 tsp. salt
1 tsp. m.s.g.
dash of pepper
4 oz. Swiss cheese
6 oz. boiled ham, chopped in cubes (lunch meat type)

Combine meat loaf mixture, bread crumbs, eggs, milk, parsley, Worcestershire sauce, salt, m.s.g. and pepper; pat 2/3 of meat loaf mixture onto the bottom and sides of a lightly greased 9 x 5 x 3-inch loaf pan, forming a shell 1-inch thick. Combine ham and cheese; put in center. Top with remaining meat mixture; press edges to seal. Spoon off excess fat. Cool 10 minutes in pan before serving.

Jennifer Deacy

THREE LAYER BEEF CASSEROLE

2 lb. ground beef, browned and drained
1 medium onion, chopped
1 to 2 cloves garlic, minced
1 (29 oz.) can tomato sauce
1 Tbsp. basil

Brown and drain the beef. Add remaining ingredients and simmer, covered, for 30 minutes.

8 to 12 oz. spinach noodles, cooked and drained
8 oz. cream cheese, softened
1/2 c. sour cream
1/2 c. milk
1 c. medium Cheddar cheese, shredded

Mix cream cheese with sour cream and milk. Put simmered beef mixture in a 3-quart casserole. Layer cooked noodles on top. Layer the shredded cheese on top of the noodles. Spread the cream cheese mixture on top. Bake, covered, for 30 to 40 minutes in a preheated 350° oven, or until browned on top and casserole is bubbling.

Karen Biermanski

PAPA JOHN'S FAVORITE CHILI

1 lb. ground beef, browned and drained
1 medium onion, chopped
1/2 medium green pepper, chopped
1 (15 oz.) can red kidney beans
2 (15 oz.) cans tomato sauce
1 or 2 cloves garlic, minced
1/2 tsp. salt
1/8 tsp. pepper
1 to 2 tsp. mild chile powder

Brown ground beef and drain. Add remaining ingredients and simmer 45 minutes or more.

Karen Biermanski

EASIEST BAKED BEEF STEW

1 lb. chuck roast, cut in chunks
fresh or frozen stew vegetables
1/3 c. tapioca
1 large can V-8 juice

Combine all ingredients in large roasting pan and seal tightly with aluminum foil. Bake at 350° for 4 hours. Enjoy the most tender stew ever!

Arlene Guichard

PRESSURE COOKER PORK CHOPS

pork chops
1/2 to 3/4 c. beer
barbecue sauce (your favorite)

Brown pork chops in pressure cooker. Take pork chops out and set aside. Place metal tray in pressure cooker. Add beer. Place a layer of pork chops on tray and cover generously with your favorite barbecue sauce. Do this in layers, ending with the sauce. Close pressure cooker and bring up to 15 pounds pressure. Let pressure drop, open and serve chops.

CHICKEN TETRAZZINI

1 1/2 lb. chicken breasts
4 c. water
12 oz. Chinese noodles
7 Tbsp. butter
1/2 lb. fresh mushrooms
1/4 c. flour
1 tsp. salt
1/4 c. sherry
1/2 c. grated Cheddar cheese

Simmer chicken in water and salt until done, about 30 minutes. Bone chicken and cube. Save broth. Bring broth to a

boil; add noodles. Cook 8 minutes. Drain; saving broth. Cook broth down to 2 cups. Melt butter; stir in flour. Then add broth and cream, stirring until thick. Add chicken, mushrooms and sherry until warm. Place noodles in buttered casserole. Pour sauce over noodles. Sprinkle cheese on top. Bake 10 minutes at 450° to melt cheese and heat through. Serves 4 to 6 adults.

Mary Jean Williams

IMPOSSIBLE SEAFOOD PIE

6 oz. pkg. frozen or fresh shrimp
1 c. sharp cheese, grated
1 (3 oz.) pkg. cream cheese, cubed
1/4 c. sliced green onion
2 c. milk
1 c. Bisquick
4 eggs
3/4 tsp. salt
dash of nutmeg

Heat oven to 400°. Grease pie plate, 10 x 1 1/2 inches. Mix shrimp, cheeses and onion in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into pie plate. Bake until knife inserted between center and edge comes out clean, 35 to 40 minutes. Cool 5 minutes before serving.

Mary Jean Williams

CHEESE STRATA

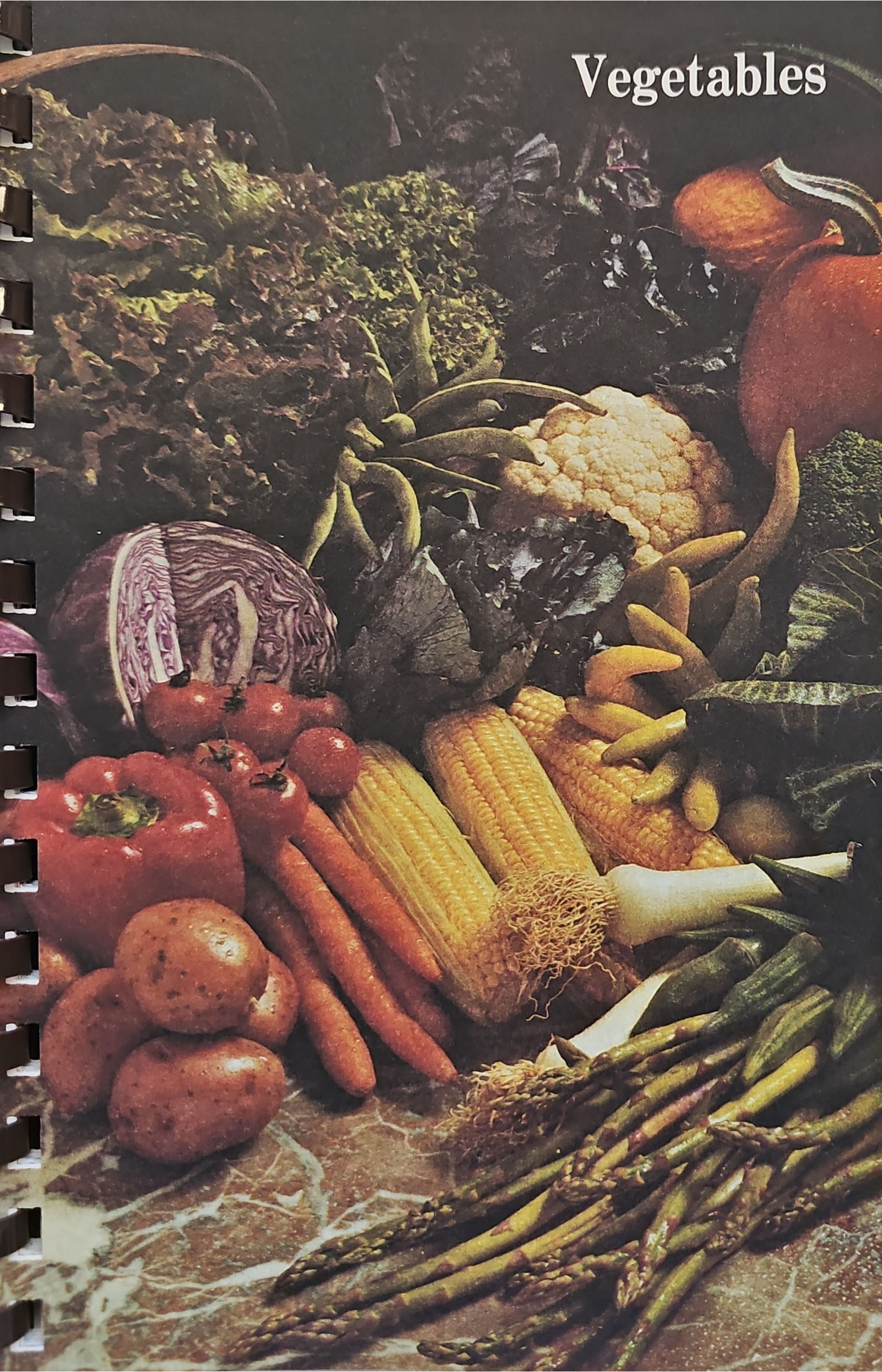
1 loaf French bread, cut in 1-inch cubes (8 c.)
2 c. shredded cheese
4 eggs, slightly beaten
1 can condensed Cheddar cheese soup
1 soup can water
1/3 c. dry white wine

In buttered 2-quart shallow baking dish (12 x 8-inches) arrange bread cubes. Combine all other ingredients in a bowl. Pour over bread, cover and refrigerate 6 hours or overnight. Uncover; bake at 350° for 30 minutes or until knife inserted in center comes out clean.

Hints: Any leftover bread may be used. Swiss or Cheddar cheese works well. May add sausage, bacon, mushrooms, onions, ham and green peppers for variety.

Martha Sparks

Vegetables



How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

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VEGETABLES

CALICO BEANS

1/2 lb. bacon, fried and crumbled
1/2 lb. hamburger
1 c. chopped onions
1 large can B&M baked beans
1 can kidney beans, drained
1 can butter beans, drained
3/4 c. brown sugar
1 c. catsup
1 tsp. mustard
1 tsp. vinegar

Brown hamburger and onions. Combine all ingredients in covered baking dish. Bake 30 minutes covered; then bake 30 minutes uncovered, at 350°.

Laura Marcy

CORN CASSEROLE

1 large can creamed corn
2 Tbsp. sugar
2 Tbsp. oil
1/2 c. yellow corn meal
1 small can green chilies, chopped
1 c. sharp Cheddar cheese, grated
salt and pepper to taste

Mix all ingredients together and pour into greased casserole. Bake 45 minutes or until set at 350°.

Vicki Leone

ITALIAN-STYLE STUFFED ARTICHOKES

4 whole fresh artichokes
3/4 c. Parmesan cheese
garlic powder to taste
3/4 c. Italian bread style crumbs (Progresso)
salt and pepper to taste

Mix cheese, bread crumbs, garlic powder, salt and pepper. Spoon into artichokes. Put one tablespoon Wesson oil on top of each artichoke. Set in pot; add enough hot water to cover the artichokes, about 2/3. Bring to boil; simmer with cover on pot about 1 to 1 1/2 hours (until artichokes are tender).

Loretta Salzillo

GOLDEN POTATO CASSEROLE

8 medium potatoes
1/4 c. butter or margarine
2 c. shredded sharp Cheddar cheese
2 c. sour cream
1/2 c. chopped green onion
1 tsp. salt

Cook potatoes in skins; chill. Peel and grate them with green onion in large bowl. Set aside. Combine butter and cheese; melt in double boiler. Blend sour cream and salt into melted cheese mixture. Pour over potatoes in 9 x 13-inch casserole. Stir well. Dot with butter. Bake in 350° oven for 45 minutes. Should serve 6 adults, but it's so good it won't. Can be doubled for a crowd.

Mary Jean Williams

BAKED BEAN CASSEROLE

1 (16 oz.) can beans (I use Campbell's in tomato sauce)
1 small diced green pepper
1 small diced onion
2 tsp. dry mustard
3 Tbsp. vinegar
2 Tbsp. molasses
a dash of hot red pepper
3 to 6 hot dogs, cut up into 1-inch pieces

Mix all together and add enough water, if needed, to cover the beans. Bake, uncovered, at 350° for 45 to 60 minutes.

Shirley (Sandy) Donahue

CREAMY HASH BROWNS

1 can cream of celery soup
2 (3 oz.) pkg. cream cheese
1/3 c. milk
1 (32 oz.) pkg. frozen hash browns
1 c. chopped onions
shredded sharp cheese

Combine over medium heat until smooth, 1 can cream of celery soup, cream cheese and milk. Use a 13 x 9-inch pan with frozen hash browns and onions in this pan. Pour over the hot mixture and mix into the hash browns. Top with shredded sharp cheese. Cover pan with foil. Bake at 350° for 1 1/4 hours.

Serves 8 to 10.

P. S. The men love this one.

Dena Turner

FRENCH GREEN BEANS

3 (1 lb.) cans French-style green beans
1 can cream of mushroom soup
3/4 c. milk
1 tsp. Worcestershire sauce
1/8 tsp. pepper
1 (2 to 3 oz.) can French fried onions
1 Tbsp. pimento for color (optional)

Drain beans. Mix beans, soup, milk, spices and 3/4 of the can of French fried onions in large casserole. Add 1 tablespoon pimento (optional).

In conventional oven: Bake 30 minutes at 350°; add rest of French fried onions as topping the last 5 to 10 minutes.

In microwave: Bake at Full power for 5 minutes. (Varies, depending on the machine.) Stir once or twice during cooking.

J. K. Flanery

BROCCOLI CASSEROLE

3 lb. fresh broccoli, cooked
1/4 lb. butter
4 Tbsp. flour
1 1/2 Tbsp. chicken bouillon mix or 3 cubes
2 c. milk
2/3 c. hot water
6 Tbsp. butter
2/3 pkg. herb stuffing mix
2/3 c. chopped walnuts or slivered almonds

Cook broccoli and place in greased casserole dish (9 x 13-inch dish). Make a white sauce of the 1/4 pound of butter, flour, bouillon and milk. Pour over broccoli. Melt 6 tablespoons butter in hot water. Pour over stuffing and toss; add nuts and spread over broccoli mixture. Bake at 400° for 20 minutes or at 350° for 30 minutes.

Lynn Burns

BROMWOODS SPINACH

(For Those Who Think They Don't Like Spinach)

2 (10 oz.) pkg. chopped frozen spinach
3 eggs, slightly beaten
2 Tbsp. flour
16 oz. cottage cheese
1 lb. Cheddar cheese, grated
4 Tbsp. melted butter

Cook or microwave spinach; drain well. Add flour to slightly beaten eggs and mix until smooth. Add cottage cheese, spinach and Cheddar cheese. Pour melted butter into shallow casserole; add spinach mixture. Bake at 350° for 45 minutes. Remove from oven; let cool for 10 minutes before serving. Cut into squares. Serves 8 to 10.

Mary Baczewski

ZUCCHINI CASSEROLE

5 c. diced zucchini
1 c. onion, sliced
2 Tbsp. butter
2 cloves garlic
1/2 tsp. salt
1/2 tsp. basil
1/2 tsp. paprika
1/2 tsp. oregano
1 c. rice
2 c. cheese, divided

Saute zucchini, onion, butter, garlic and salt for 5 to 7 minutes. Fold in spices and 1 cup cheese. Put in baking dish and put rest of cheese on top. Bake at 350° for 1/2 hour or until bubbly.

Laura Marcy

COLCANNON

Or how to get your kids to eat spinach without really knowing it!

1 pkg. frozen chopped spinach
2 lb. potatoes
1/4 c. finely minced onion
1/4 c. milk or cream (add more if needed)
4 oz. butter or margarine

Cook potatoes and spinach separately. When cooked, drain potatoes and whip, adding milk and butter; beat until creamy. Drain spinach well; then blend in whipped potatoes a little at a time, adding salt, pepper and minced onion. Mix all together and keep warm in oven. When ready to serve, empty

on a warm platter and pile up like a mountain. Make a well on the top and add 2 tablespoons of butter.

Note: Traditionally eaten in Ireland on Halloween. The cook can also add money, wrapped in foil, and inserted in the mountain.

Valerie Dunne

SPINACH CASSEROLE

3 eggs, beaten
3 Tbsp. flour
1 small container cottage cheese
1/2 c. melted butter
1/2 lb. Cheddar cheese, cubed
1 pkg. frozen spinach, thawed

Mix well and bake for 1 hour at 350°.

Sister Lorna McCormick

CARIBBEAN AVOCADO RICE

1 onion, chopped
1 clove garlic, minced
3 Tbsp. butter
1 c. rice
2 1/2 c. chicken broth
2 ripe avocados
1/2 tsp. saffron (optional)

Cook onion and garlic in butter until tender. Add rice; cook and stir until rice is slightly browned. Combine broth and saffron; stir into rice. Bring to boil. Reduce heat and cover; simmer 20 minutes or until rice is tender. Meanwhile, peel and chop avocados. When rice is done, stir in chopped avocados. Add salt and pepper to taste. Enjoy!

Susan Killian

<<< Extra Recipes >>>

Breads, Rolls, Pies & Pastry

Baking Tips

COMMON PROBLEMS [Common Failures]	CAUSES OF PROBLEMS [Causes of Failures]
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in to slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Overmixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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PASTRY MIX FOR PIE

8 c. sifted flour
2 tsp. salt
2 2/3 c. shortening (Crisco)

Sift together flour and salt. Cut in shortening with a pastry blender until mixture is crumbly. Store in a covered container at room temperature. When you want to make a pie, just spoon out 2 1/4 cups of the mix, very lightly, into a bowl. Sprinkle 4 to 6 tablespoons of "cold" water over the mix, very carefully until the dough sticks together. Roll out for pies. It will make 9 pies and the mix will last for months.

Karen Schmidt

POSSUM PIE

3 egg whites
3/4 tsp. baking powder
1/2 c. sugar
1 c. graham cracker crumbs
1 c. nuts

Beat egg whites until stiff. Add baking powder and sugar slowly; beat until very stiff. Then fold in graham cracker crumbs and nuts; mix well. Put in a buttered pie pan and bake 30 minutes at 325°. Let cool and top with Cool Whip. Refrigerate overnight.

Mary Patton

DEEP APPLE PIE

5 large Golden apples
1/3 c. sugar
nutmeg to taste
cinnamon to taste
1 c. flour
1/2 c. butter
2/3 c. sugar

Slice apples and sprinkle with 1/3 cup sugar, nutmeg and cinnamon to taste. Cream flour, butter and remaining 2/3 cups sugar to coarse crumb mixture; put over apples. Bake until apples are tender and crumb topping browns in 1 1/4-quart

casserole, about 1 hour. Then remove from oven and work crumb topping down into apples with a fork. Bake at 350°.

Lynn Burns

CHOCOLATE MOUSSE PIE

1 egg
1 envelope unflavored gelatin
1 Tbsp. cornstarch
1 Tbsp. cold water
1 c. boiling water
1 1/2 Tbsp. instant coffee
1/2 c. Ricotta cheese
1/2 c. cold milk
2 Tbsp. cocoa
1/8 tsp. salt
1/2 c. sugar

Blend egg, gelatin, cornstarch and cold water in blender. Add boiling water; blend until gelatin dissolves. Add remaining ingredients and blend until smooth. Chill until set. Pour into prepared graham cracker crust. Top with whipped cream.

Rosaleen Farmer

CHERRY E-Z CHEESE PIE

1 (9-inch) graham cracker crust
1 (3 oz.) cream cheese
1/2 pt. whipping cream
1/4 c. powdered sugar
1 tsp. vanilla
1 (6 oz.) can cherry pie filling

Beat cheese and cream together until thickened. Add sugar and vanilla; continue to beat until very thick. Spread into crust. Top with cherry pie filling. Chill several hours before serving. This is very rich, so you could get 8 to 10 servings.

Loretta Salzillo

IMPOSSIBLE PUMPKIN PIE

3/4 c. sugar
1/2 c. Bisquick baking mix
2 Tbsp. oleo or butter
1 (13 oz.) can evaporated milk
2 eggs
1 (16 oz.) can pumpkin or squash
1/2 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg
2 tsp. vanilla

Heat oven to 350°. Grease pie plate, 9 x 1 1/4 or 10 x 1 1/2 inches. Beat all ingredients until smooth for 1 minute in blender on high or 2 minutes with a hand beater. Pour into

plate. Bake until knife inserted in center comes out clean, 50 to 55 minutes. You need no crust.

Shirley Donahue

PINEAPPLE PECAN PIE

1 unbaked pie crust
1/4 c. butter, melted
1/2 c. brown sugar
2 Tbsp. flour
1 tsp. vanilla
1/2 tsp. salt
3 slightly beaten eggs
1 c. dark corn syrup
1 c. pecans
1 c. pineapple tidbits, drained

Blend all but the crust and add pecans and tidbits. Pour into shell and bake 1 hour at 350°.

Ella Wagaman

LOUISIANA SWAMP PIE

1 stick butter
1 c. flour
1 c. chopped pecans

First layer: Melt butter and combine with flour; add pecans and stir. Press into bottom of pan. Bake at 350° for 10 minutes.

8 oz. cream cheese
1 c. confectioners sugar
1 c. Cool Whip

Second layer: Combine cream cheese with confectioners sugar. Add Cool Whip; mix. Spread on cooled first layer.

1 large pkg. instant or cooked chocolate pudding

Third layer: Prepare pudding according to directions on box. Spread over second layer. Top with Cool Whip and extra chopped nuts. Chill 30 minutes. FAT, FAT CITY!

Arlene Guichard

BERRY PIE SUPREME

1 unbaked pie shell
4 to 5 c. berries
1 c. sour cream
1 1/2 c. sugar
1 c. flour
1/4 tsp. salt

Preheat oven to 450°. Spread berries into unbaked pie shell. Set aside. Combine sugar, flour and salt. Stir dry

ingredients into the sour cream. Spoon mixture over the berries, spreading to the edge of the pie shell. Sprinkle top of the pie with 2 teaspoons sugar. Bake at 450° for 10 minutes; then bake at 350° for 30 minutes.

APPLESAUCE PUFFS

2 c. packaged biscuit mix
1/4 c. sugar
1 tsp. cinnamon
1/2 c. applesauce
1/4 c. milk
1 slightly beaten egg
2 Tbsp. cooking oil
1/4 c. sugar
1/4 tsp. cinnamon
2 Tbsp. melted butter

Combine biscuit mix, first 1/4 cup sugar and 1 teaspoon cinnamon. Add applesauce, milk, egg and cooking oil. Beat vigorously for 30 seconds. Fill greased 2-inch muffin pans 2/3 full. Bake in hot 400° oven for 12 minutes or until golden brown. Cool slightly; remove from pans. Mix second 1/4 cup sugar and 1/4 teaspoon cinnamon. Dip tops of muffins in melted butter, then in the sugar-cinnamon mixture. Makes 24 muffins or 12 large ones.

Ceil McGrath

QUICK MORNING BUNS

1/2 c. chopped pecans
12 frozen bread dough rolls
1 tsp. cinnamon
1 small pkg. butterscotch pudding (not instant)
1 stick melted butter

Spray Bundt pan or lightly grease (not any other kind of pan). Place chopped pecans in pan. Place frozen rolls on nuts. Sprinkle pudding that has cinnamon mixed in on top of rolls. Pour melted butter on top. Let stand overnight on counter. Bake the next morning at 350° for 20 minutes. Let sit in pan for 5 minutes. Turn out on plate. Fat City!

ONE STEP EASY BRAN MUFFINS

1 1/2 c. bran
1 c. whole wheat flour
1 egg
1 tsp. soda
1/2 c. raisins
1/2 c. undiluted orange juice
3/4 c. milk
1 Tbsp. oil
vanilla

Mix all ingredients together well. Bake at 350° for 20 to 30 minutes.

Arlis Clarke

OLD-FASHIONED BLUEBERRY MUFFINS

2 c. flour
2/3 c. sugar
1 Tbsp. baking powder
1/2 tsp. each: salt and nutmeg
1 1/2 c. unsweetened blueberries, partially thawed, if frozen
2 eggs
1/2 c. milk
1/2 c. butter or margarine, melted
1/4 c. sliced almonds for garnish (optional)
2 Tbsp. sugar for garnish (optional)

In a large bowl mix flour, sugar, baking powder, salt and nutmeg. Add blueberries; stir to coat evenly. In a small bowl, beat eggs with fork; beat in milk and butter. Add to blueberry mixture; stir just until blended. Fill greased pan 2/3 full. Sprinkle with almonds and sugar. Bake in preheated oven at 400° for 15 to 20 minutes for muffins and 30 to 35 minutes for 9-inch square coffee cake. Makes 36 miniature, 12 regular sized or 3 to 8 mammoth muffins or 1 cake.

Pat Groff

BLUEBERRY MUFFINS

1/2 c. milk
1/4 c. salad oil
1 egg, beaten slightly
1 1/2 c. flour
1/2 c. sugar
2 tsp. baking powder
1/2 tsp. salt
1 c. well drained blueberries

Stir milk and salad oil into egg. Sift together dry ingredients and add to milk mixture. Stir until flour is just moistened. Fold in blueberries. Batter should be lumpy. (Well, blueberries are lumpy.) Fill greased muffin cups 2/3 full. Bake 20 to 25 minutes at 400°. To use canned berries, reduce measured amount to 3/4 cup. Yields 12 muffins.

J. Anderson

FRAYEN KALACHKY

1 cake or pkg. yeast
5 c. sifted flour
1/2 lb. margarine
1/2 lb. shortening
3 egg yolks
1/2 pt. sour cream

Mix yeast well in flour; add margarine and shortening, working in well with hands as for pie dough. In another bowl combine egg yolks with sour cream; add to flour mixture. Work well with hands and form into ball. Refrigerate overnight or at least 2 hours. Roll out on board sprinkled with granulated sugar. Cut into 3-inch squares. Fill with desired filling; shape into triangles or little loaves. Bake at 350° for 15 to 20 minutes on ungreased baking sheet.

Marge Ptauk

OLD-FASHIONED GINGERBREAD

2 c. sugar
1 c. shortening
2 eggs
1/2 c. molasses
4 c. flour
1 tsp. ginger
1 tsp. cloves
2 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda
1/4 tsp. salt

Cream together sugar and shortening. Add eggs and molasses. Sift and add to the first ingredients, flour, ginger, cloves, cinnamon, nutmeg, soda and salt. Wrap tightly and place in fridge for several hours. Roll dough very thin on a well floured pastry cloth and cut with cutter. Bake at 325° for 10 to 12 minutes. When cool, frost with confectioners sugar icing.

Jo-Ann Clayton

CRANBERRY ORANGE BREAD

2 c. sifted all-purpose flour
3/4 c. sugar
1 1/2 tsp. baking powder
1 tsp. salt
1/2 tsp. soda
1 beaten egg
1 tsp. grated orange peel
3/4 c. orange juice
2 Tbsp. salad oil
1 c. coarsely chopped fresh cranberries
1/2 c. chopped walnuts

Sift together flour, sugar, baking powder, salt and soda. Combine egg, grated orange peel, orange juice and salad

oil. Add to dry ingredients, stirring just until moistened. Fold in cranberries and walnuts. Bake in greased 9 x 5 x 3-inch loaf pan at 350° for 60 minutes or until done. Remove from pan. Cool. Wrap; store overnight.

Sharon Wieber

BEER BREAD

3 c. self-rising flour
3 Tbsp. sugar
1 (12 oz.) can beer (not lite)

Mix all ingredients in a bowl. Transfer into a greased bread pan and shake back and forth. Bake at 375° for 40 minutes. Remove from pan, put onto plate and slice when cool. Delicious!

Shirley Donahue

CHEESE BREAD

1 1/2 c. scalded milk
1/2 lb. very sharp cheese
2 Tbsp. sugar
1 tsp. salt
2 Tbsp. shortening
2 pkg. yeast, dissolved in 1/2 c. warm water
7 c. flour

Grate cheese into scalded milk. Stir until melted. Add sugar, salt, shortening and dissolved yeast. Stir, beat and knead in flour. Knead until smooth. Let rise until double. Makes 2 loaves.

For round loaves, fill greased 1 pound coffee cans half full. For more cheese color, put a few drops of yellow and red food coloring in. Bake at 375° for 30 to 45 minutes.

Ella Wagaman

PUMPKIN BREAD

2/3 c. butter or margarine
2 1/2 c. sugar
4 eggs
2 c. cooked mashed pumpkin
1/4 c. orange juice or water
3 1/3 c. sifted flour
1 tsp. baking powder
2 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
2/3 c. chopped nuts, raisins or dates

Cream shortening and sugar thoroughly. Beat eggs and add; blend in pumpkin and orange juice. Sift dry ingredients and spices together; blend into mixture. Stir in nuts, raisins

or dates. Spoon batter into 2 greased and lightly floured loaf pans. Bake in preheated 350° oven for one hour. This is a sweet, moist bread which keeps well and may also be frozen. Makes 2 loaves.

Note: The bread may be iced with a cream cheese frosting or a glaze of confectioners sugar and orange juice.

GRANDMA'S BOHEMIAN RYE BREAD

1 pkg. dry yeast, dissolved in 1/4 c. warm water
2 c. warm water
2 1/2 tsp. salt
2 or 3 Tbsp. caraway seed
1/4 c. oil or melted shortening
1 1/2 c. rye flour
5 1/2 to 6 c. white flour

Put 2 cups warm water in a 4-quart bowl. Add salt, caraway seed and oil or melted shortening. Beat in rye flour. Add dissolved yeast to this. With mixer on or by hand, mix in white flour. Knead for 10 minutes and let it rest for 10 minutes. Knead more and add more flour, if needed. Let rise until double. On cookie sheet, sprinkle flour, corn meal or cream of wheat. Make dough into balls and place on sheet. When double, slash 2 slashes on each loaf and paint with beaten egg. Bake 40 minutes at 350°.

Ella Wagaman

KAFFEKRANS

(Looks Festive And Simple To Do)

1/3 c. packed brown sugar
1/3 c. raisins
2 tsp. cinnamon
1 pkg. yeast
1/2 c. warm water (110°)
1 egg
1 Tbsp. granulated sugar
2 1/2 c. Bisquick
2 Tbsp. soft butter or margarine

Confectioners Icing:

1 c. powdered sugar
1 to 2 tsp. water
1/2 tsp. vanilla

Blend icing ingredients.

Mix brown sugar, raisins and cinnamon. Dissolve yeast in warm water; mix in egg, granulated sugar and Bisquick; beat vigorously. Turn dough onto floured board; knead until smooth.

Roll dough into rectangle, 16 x 9-inches. Spread with soft butter; sprinkle with raisin mixture. (Add chopped nuts, if desired.) Roll up tightly, beginning at wide side. Seal well by pinching edge. Place seam side down in a circle on greased baking sheet; pinch ends together. Make cuts 2/3 way through ring at 1-inch intervals; turn each cut section on its side. Cover and let rise about 1 hour. Bake in preheated 375° oven for 15 minutes or until light brown. Decorate with icing, cherries, etc. while still warm. Serve warm. Serves 6 to 8.

Barbara Madaras

GERMAN APPLE PANCAKE

Pancake:

3 large eggs
3/4 c. milk
3/4 c. white flour
1/2 tsp. salt
1 1/2 Tbsp. butter
1/2 c. thin sliced apples

Filling:

1 lb. fresh apples
1/4 c. melted butter
1/4 c. sugar
cinnamon and nutmeg

Topping:

2 Tbsp. melted butter
powdered sugar

Preheat oven at 450°. Beat together all ingredients except sliced apples and butter for pancakes. Add sliced apples. In heavy 12-inch skillet, melt 1 1/2 tablespoons butter. As soon as quite hot, pour in batter. Put skillet in oven. After 15 minutes, lower temperature to 350°. Continue cooking for another 10 minutes.

Saute apples, butter and sugar for filling, about 10 minutes. This filling can be prepared ahead. When pancake is ready, slide it onto platter, pour apple filling over one side and fold the other side over. Top with butter and powdered sugar, if you wish.

Beverly L. Odland

WAFFLES

(Crisp Outside, Tender Inside)

2 c. sifted flour
1 tsp. salt
3 tsp. baking powder
2 Tbsp. sugar
4 beaten egg yolks
6 Tbsp. melted butter
2 c. milk
4 beaten egg whites

Combine all ingredients except egg whites; fold in egg whites.

Ella Wagaman

BANANA NUT LOAF

1/3 c. shortening
1/2 c. sugar
2 eggs
1 3/4 c. sifted all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. soda
1 c. mashed banana
1/2 c. broken California walnuts

Cream together shortening and sugar; add eggs and beat thoroughly. Sift together dry ingredients; add to creamed mixture alternately with banana, beating well after each addition. Stir in walnuts. Pour into a well-greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Bake in moderate 350° oven about 1 hour or until done. Remove from oven; cool on rack.

Rosemary Stolle

Cakes, Cookies & Confections

Candy Testing

Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

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GOLDEN APPLE BARS

2/3 c. shortening
2 c. brown sugar
2 eggs, beaten
1/4 tsp. salt
1 tsp. vanilla
2 c. sifted flour
2 tsp. baking powder
1 1/2 c. chopped raw apple
1/2 c. chopped nuts

Mix shortening and sugar. Add beaten eggs. Mix flour, salt and baking powder; combine with first ingredients. Stir in apple, nuts and vanilla. Pour in well-greased 12 x 8-inch pan; bake at 350° for 35 to 40 minutes. Raisins are optional.

Sue Miller

OATMEAL SQUARES

2 eggs, slightly beaten
1 c. white sugar
1 c. brown sugar
2/3 c. melted shortening
1 c. flour
1 tsp. cinnamon
1 tsp. soda
1 tsp. salt
2 c. oatmeal
1 1/2 tsp. vanilla

Mix all of the ingredients together. Spread in 9 x 13-inch pan with table knife. Bake at 350° for 25 to 30 minutes.

Ceil McGrath

SLICE AND BAKE CHOCOLATE CHIP COOKIES

3 c. plus 6 Tbsp. flour
1 1/2 tsp. baking soda
1 1/2 tsp. salt
1 1/2 c. butter
1 c. plus 2 Tbsp. brown sugar
1 c. plus 2 Tbsp. sugar
1 1/2 tsp. vanilla
3 eggs
3 c. chocolate chips
1 1/2 c. nuts

Mix flour, soda and salt; then set aside. Beat butter, vanilla and sugars until creamy; then beat in eggs. Gradually add flour and mix well; put in waxed paper in rolls and freeze or bake. Freeze up to 8 weeks. Bake at 375° for 8 to 10 minutes.

Carol O'Kelley

RHUBARB CAKE

1 pkg. white cake mix
5 c. rhubarb
1 pkg. raspberry jello
1 c. sugar
1/2 whole bag small marshmallows

Mix cake mix as directed; pour in rhubarb, jello, sugar and marshmallows. Bake 1 hour at 350°.

Arlis Clarke

TURTLE CAKE

1 chocolate cake mix
40 Kraft caramels
1/2 c. condensed milk
1 (12 oz.) pkg. chocolate chips

Mix cake according to directions on package. Put 1/2 batter in 13 x 9-inch cake pan. Bake until set, 15 to 20 minutes. While cake is baking, melt caramels and condensed milk (do not burn). Spread over cake; top with chocolate chips and remaining batter. Bake for 20 to 25 more minutes, until cake is done. Can be served warm or cold. Can be iced with fudge frosting and nuts.

Marye McLaughlin

PEANUT BUTTER COOKIES

1 c. brown sugar
1 c. white sugar
1 c. shortening
2 eggs
1/2 c. chunky peanut butter
1 1/2 c. flour
2 tsp. soda
2 c. oatmeal
1 c. corn flakes

Mix in order: brown sugar, white sugar, shortening, eggs, peanut butter, flour, soda, oatmeal and corn flakes. Drop by teaspoonfuls on cookie sheet. Bake at 350° for 10 minutes. These are crisp and so good.

Frances Cawley

EM'S GUMDROP COOKIES

1 1/2 c. sugar
1 1/2 c. brown sugar
1 1/2 tsp. baking soda
1 1/2 tsp. vanilla

1 1/2 c. butter
3 eggs
3 c. flour
1 1/2 tsp. baking powder
3/4 tsp. salt
3 c. oatmeal
1 1/2 c. nuts
3 c. gumdrops

Cream butter, sugars, eggs and vanilla together. Add flour, baking powder, soda and salt. Stir in oatmeal, nuts and gumdrops. Drop by teaspoonfuls on ungreased cookie sheet. Bake at 350° for 10 to 15 minutes (until golden brown).

Alice Benner

POPPY SEED CAKE

5 eggs
1 pkg. white cake mix
1 small pkg. instant vanilla pudding
1 tsp. almond extract
1/4 c. poppy seed
1 c. mixed orange juice
1/2 c. vegetable oil

Mix all ingredients together for 5 minutes. Grease Bundt pan and sprinkle with cinnamon and sugar mixture. Bake at 325° for 50 minutes.

Alice Benner

FRENCH CHERRY CHEESECAKE

1 c. flour
1 stick butter
1 c. pecans
8 oz. cream cheese, softened
1/2 pt. whipping cream
1/2 c. powdered sugar
1 tsp. vanilla
1 1/2 cans cherry pie filling

Melt butter; crumble flour and pecans together. Bake 15 minutes at 350° and cool. Mix together cream cheese, whipping cream, powdered sugar and vanilla. Place on cooled crust. Top with cherry pie filling.

Debby Buennagle

FUNERAL COOKIES

Waverly Wafer crackers
1 c. butter or margarine
1 c. brown sugar
1 bag chocolate chips

Line cookie sheet with Waverly Wafers; cover entire cookie sheet. In saucepan bring to boil butter and sugar. Boil for 3 minutes, stirring constantly. Pour mixture over crackers and bake at 350° for 5 minutes. Remove from oven and pour chocolate chips on top. Let melt and spread to cover.

Place in fridge for 15 minutes to set. To cut, let stand at room temperature 10 to 20 minutes beforehand.

Sharon McDonald

GRANDMA CLEO'S BLONDE BROWNIES

1 box brown sugar
3 eggs
1 c. shortening
3 c. flour
1 1/2 tsp. baking powder
1 tsp. salt
1/8 tsp. soda
1 pkg. chocolate chips
3 tsp. vanilla
1/2 c. nuts
1 c. flaked coconut

Mix brown sugar, eggs and shortening together well. Sift flour, baking powder, salt and soda together and add to the mix. Add chocolate chips, vanilla, nuts and coconut to the mix. Mix all the ingredients together and spread it on a cookie sheet. Bake in a 350° oven until golden brown, 25 to 30 minutes; cut into squares.

Spread mix on a large cookie sheet.

Debra Boyer

RASPBERRY OATMEAL BARS

1 pkg. Duncan Hines Deluxe cake mix
2 1/2 c. quick cooking oats
3/4 c. melted butter
1 c. (12 oz. jar) raspberry jam
1 Tbsp. water

Preheat oven to 375°. Grease 13 x 9 x 2-inch pan. Combine dry cake mix and oats in large bowl; add melted butter and stir until crumbly. Measure half of crumb mixture (3 cups) into pan. Press firmly to cover bottom. Combine jam and water. Spread over crumbs in pan. Sprinkle remaining crumb mixture over jam. Pat firmly to make top even. Bake at 375° for 15 to 23 minutes or until top is lightly brown. Cool in pan on rack; cut into bars. Store in airtight container. Apricot, blackberry or strawberry jam can be substituted.

Claudia Leaky

OATMEAL GINGERSNAPS

1 1/2 c. flour
1 c. sugar
3/4 c. quick oats
1 tsp. baking soda
1 tsp. ginger
1/4 tsp. cloves
1/2 c. shortening
1/4 c. molasses
1 egg
sugar

Stir together flour, sugar, quick oats, baking soda, ginger and cloves; add 1/4 teaspoon salt. Blend in shortening, molasses and egg. Beat well with electric mixer for 2 minutes. Form 1-inch balls. Roll in sugar. Place 2 inches apart on cookie sheet. Bake at 375° for 8 to 10 minutes. Let stand 1 minute; cool on rack. Makes 3 1/2 dozen.

Arlene Guichard

GINGERSNAPS

1 1/2 c. margarine
2 c. sugar
2 eggs
1/2 c. molasses (light)
4 c. flour
2 tsp. baking soda
2 tsp. cinnamon
2 tsp. cloves
2 tsp. ginger

Cream margarine and sugar; beat in eggs. Add molasses and dry ingredients. Refrigerate several hours. Roll into 1-inch balls and roll in sugar (white granulated). Place on baking sheet 2 inches apart. Bake in moderate 375° oven for 13 to 15 minutes. For chewy cookies, reduce time. Makes about 6 dozen cookies.

Cathy Parent

OATMEAL CHOCOLATE CHIP COOKIES

1 c. butter
1 c. granulated sugar
1 c. brown sugar
2 eggs
2 1/2 c. sifted flour
1 tsp. baking soda
1/2 tsp. salt
2 c. quick cooking oats or granola
1 to 2 c. chocolate chips

Cream butter with both sugars until fluffy. Add eggs and beat well. Combine flour, soda and salt; add to creamed mixture. Add oats and chocolate chips. Put on pan by heaping

teaspoonfuls. Bake on ungreased cookie sheets at 370° about 12 minutes or until slightly soft in center. Remove to racks.

Sara Conroy

LEMONY RHUBARB GLORIES

1 c. flour
1/4 c. sugar
1/2 c. butter
1 c. sugar
3 Tbsp. flour
2 eggs, beaten
1 tsp. grated lemon peel
3 Tbsp. lemon juice
1 c. finely diced raw rhubarb
1/2 c. shredded coconut
1 tsp. vanilla
2 Tbsp. powdered sugar

Mix 1 cup flour and 1/4 cup sugar. Cut in 1/2 cup butter with pastry blender. Mix well with fingers. Press into a greased 8-inch square pan. Bake in a preheated 325° oven for 15 minutes.

Mix 1 cup sugar with 3 tablespoons flour. Stir in beaten eggs. Then mix in lemon peel, juice, rhubarb, coconut and vanilla. Pour this mixture over hot crust. Return to oven for 30 minutes, until filling is set. Cool in pan. Sprinkle with powdered sugar. Makes 8 to 24 servings, depending on size of squares cut.

Lynn Burns

CHERRY NUT SLICES

1 3/4 c. sifted flour
1/2 tsp. salt
1/4 tsp. baking soda
1/2 tsp. cinnamon
3/4 c. butter
1/2 c. brown sugar
1/2 tsp. vanilla
2 Tbsp. milk
1 c. candied cherries, chopped (red and green)
3/4 c. walnuts

Cream butter. Add brown sugar, vanilla and milk; cream well. Add dry ingredients gradually; mix thoroughly. (I usually combine all dry ingredients in one bowl to add to creamed mixture.) Stir in chopped cherries and nuts. Divide dough in half. Shape into rolls 12 inches long. Wrap and chill overnight. Cut into 1/4-inch slices. Place on ungreased cookie sheets. Bake at 350° for 10 to 12 minutes, until golden brown. Great cookies for Christmas.

Loretta Salzillo

SPICY BLUEBERRY CAKE

1/2 c. butter or margarine
1 c. sugar
2 eggs
2 c. flour
2 tsp. baking powder
1 tsp. cinnamon
1 tsp. grated orange peel
1/2 tsp. soda
1/2 tsp. salt
1/2 tsp. cloves
2 c. fresh or frozen blueberries, defrosted
1/2 c. orange juice
1 tsp. vanilla

Beat softened butter and sugar until creamy. Add eggs. Combine flour, baking powder, cinnamon, orange peel, soda, salt and cloves; mix 1/4 cup flour mixture with blueberries and reserve.

Beat remaining flour mixture into butter mixture alternately with orange juice until blended; stir in blueberry mixture and vanilla. Turn batter into greased and flour dusted 10-cup tube pan. Bake at 350° for 50 minutes or until done. Cool in pan 10 minutes; invert onto rack. Drizzle with glaze.

Orange glaze: Blend 1/2 cup unsifted powdered sugar and 1 1/2 tablespoons orange juice until smooth.

Kathleen Guenther

HAWAIIAN FRUIT CAKE

1 (20 oz.) can crushed pineapple with juice
2 c. sugar
2 c. sifted all-purpose flour
2 eggs, beaten
1 c. chopped nuts
2 tsp. baking soda
1/2 c. margarine
8 oz. softened cream cheese
1 tsp. vanilla
1 1/2 c. powdered sugar

Preheat oven to 350°. Grease 9 x 13-inch pan. Combine pineapple, sugar, flour, eggs, nuts and baking soda in large bowl; mix with wooden spoon until blended. Pour batter into pan and bake 30 to 40 minutes. Cool and frost.

Frosting: Beat margarine and cream cheese with electric mixer. Add vanilla; then slowly add sugar and beat until blended. Frost and sprinkle with chopped nuts.

Linda Wojtanik

MRS. HASMER'S CHOCOLATE CAKE

1 1/2 c. all-purpose flour
1 c. sugar
3 heaping Tbsp. cocoa
1 tsp. baking soda
pinch of salt
1 egg, well beaten
1/3 c. melted shortening
1 c. sour milk*

*To make sour milk, add 1 tablespoon lemon juice or vinegar; let set 10 minutes.

Sift together flour, sugar, cocoa, soda and salt. Add beaten egg, melted shortening and milk. Pour into greased 8 or 9-inch pan. Bake 35 or 40 minutes at 350°. This is a good, chocolaty, heavy, quick cake. Frost with chocolate or vanilla frosting.

June Anderson

BETTER THAN ROBERT REDFORD CAKE

1 yellow cake mix
1 (20 oz.) can crushed pineapple in own juice
3/4 c. sugar
2 (3 1/2 oz.) pkg. instant vanilla pudding mix
3 c. milk
1 c. whipping cream
1/4 c. confectioners sugar
1 tsp. vanilla extract
3/4 c. flaked coconut, toasted

In 13 x 9-inch pan bake cake according to directions on package. Combine pineapple in its own juice and sugar; cook over medium heat, stirring occasionally until thick and syrupy, about 20 minutes. When cake is done, remove from oven and pierce top with a fork at 1-inch intervals. Pour on pineapple mixture and spread evenly over cake. Cool completely. Combine pudding mix with milk; blend until thick. Spread over cooled cake. Beat cream until soft peaks form. Add confectioners sugar and vanilla. Beat until stiff. Spread over cake. Refrigerate 24 hours. Sprinkle with coconut before serving.

Marye McLaughlin

DAD'S FAVORITE STRAWBERRY CAKE

1 pkg. white cake mix
1 pkg. strawberry Jell-O
1 (10 oz.) undrained frozen strawberries
1 Cool Whip

Dissolve Jell-O in 1/2 the water recommended on package.

Bake cake according to directions in a 11 x 13-inch pan. When done, cool 15 minutes; then poke holes in cake with fork (at every 1/4 inch). Pour Jell-O liquid over cake and frost with Cool Whip and strawberries together.

Laura Heckel

BANANA SPLIT CAKE

2 c. graham cracker crumbs
1 stick melted margarine
1/2 c. confectioners sugar
2 egg whites
2 c. confectioners sugar
1 stick margarine
1 large can cherry pie filling
4 or 5 bananas, sliced lengthwise
2 large containers Cool Whip
chopped walnuts

1st layer: Press graham cracker crumbs, 1 stick melted margarine and 1/2 cup confectioners sugar into oblong pan; put in freezer while making rest of recipe.

2nd layer: Beat egg whites, 2 cups confectioners sugar and 1 stick margarine for 10 minutes; place on top of graham cracker crust. Refrigerate.

3rd layer: Place sliced bananas on top of 2nd layer, then top with pie filling. Top this with Cool Whip and sprinkle with chopped walnuts.

Put into freezer for 15 minutes. Then refrigerate.

Gail Barth

PUMPKIN CAKE RING WITH LEMON GLAZE

1 pkg. yellow cake mix
2 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg
2 eggs
water
1 c. pumpkin
1 c. chopped walnuts

Lemon Glaze:

1 c. powdered sugar
1 tsp. lemon juice
1/2 tsp. grated lemon rind
cream or milk

Combine cake mix and spices in bowl. Add eggs and water as directed on cake mix package substituting pumpkin for 1/3 cup of water. Mix as directed. Stir in nuts. Pour batter into greased and floured tube pan. Bake at 350° for 40 to 45 minutes or until done. Cool 10 minutes; remove from pan.

Drizzle with lemon glaze. Add enough cream or milk to make powdered sugar, lemon juice and grated lemon rind runny.

Loreta Salzillo

CWT'S BEST EVER CHEESE CAKE

2 lb. cream cheese
8 oz. sour cream
3 large eggs or 4 small
1 tsp. vanilla*
1 tsp. lemon juice*
3/4 c. sugar
2 Tbsp. cornstarch
1 1/2 c. graham cracker crumbs
3/4 c. sugar
6 Tbsp. butter, melted
1 tsp. cinnamon

*Or substitute with variations on vanilla: Two ounces any liqueur (Grand Marnier, Kahlua and dissolved instant coffee, Amaretto and almond extract).

Crust: Mix sugar and cinnamon with graham cracker crumbs. Add butter. Put on bottom of spring-form pan. Save a little for top of cake.

Cake: Mix until creamy cream cheese and sugar; add eggs and flavoring. Mix thoroughly. Mix in cornstarch slowly, well. Hand mix in sour cream, well. Pour mixture into crumb-lined spring-form pan. Bake in oven 1 hour at 350°. Sprinkle a little of the crumb mixture on top. Place directly into refrigerator with no cover. Let set for 24 to 48 hours before serving. Serve at room temperature.

POPPY SEED CAKE

1 yellow cake mix (without pudding)
1 small lemon instant pudding
1/4 c. poppy seeds
1 c. water
1/2 c. oil
4 eggs

Glaze:

3 to 4 tsp. lemon juice
1 Tbsp. butter
1 c. powdered sugar

Mix cake mix, pudding and poppy seed. Add water, oil and eggs, one at a time. Mix until just moist. Bake 30 to 35 minutes at 350° in flat pan or 40 to 45 minutes in Bundt pan. Put glaze on hot cake.

Janet Marcy

LEMON FILLING

1 c. sugar
1/4 c. cornstarch
1/4 tsp. salt
1/3 c. lemon juice
2 Tbsp. butter or margarine
1 1/2 tsp. grated lemon peel
4 to 6 drops yellow color (optional)

Mix sugar, cornstarch and salt in a quart saucepan. Stir in water gradually. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil, stirring 1 minute; remove from heat. Stir in remaining ingredients. Cool completely. If filling is soft, refrigerate until set.

Yvonne Assaker

MARSHMALLOW FUDGE

4 c. sugar
1 tall can evaporated milk
1 jumbo Hershey bar
2 (12 oz.) pkg. chocolate chips
1 (7 oz.) jar Marshmallow Creme
1 c. chopped nuts
pinch of salt
1 Tbsp. vanilla

Boil sugar and evaporated milk for 7 minutes; remove from heat. Add Hershey bar, chocolate chips, Marshmallow Creme, nuts, salt and vanilla. Stir until marshmallow and chocolate are melted and mixture is smooth. Pour into buttered pan. Makes 5 pounds and if kept in plastic bag or wax paper in refrigerator, it keeps indefinitely.

Lynn Flamiatos

FRANGO MINT CANDY

1 c. butter
2 c. powdered sugar
4 sq. melted unsweetened baking chocolate
2 tsp. vanilla
4 eggs
1 tsp. vanilla, rum or mint flavoring

Cream butter and powdered sugar; add melted chocolate. Add vanilla. Add eggs, one at a time and beat after each egg, so it gets nice and fluffy. Add mint flavoring (or one of the others). Get tiny candy papers and put crushed nuts in cups;

then add 1 tablespoon of chocolate mix and sprinkle crushed nuts on top of candy. Keep frozen.

Diane Snyder

FROZEN CHOCOLATE FRANGO

1 c. butter or oleo
2 c. powdered sugar
4 squares unsweetened chocolate
4 eggs
3/4 tsp. peppermint extract (if oil, use 1/4 tsp.)
2 tsp. vanilla

Mix butter and sugar until fluffy. Add melted chocolate. Add eggs, one at a time; then add peppermint and vanilla. Beat until smooth. Put in paper cup liners. Freeze.

Linda J. Peak

CHOCOLATE WOWS

6 sq. semi-sweet chocolate
2 eggs
1/4 c. cocoa
1/4 tsp. salt
1 (6 oz.) pkg. semi-sweet chocolate chips
3/4 c. sugar
1 tsp. baking powder
2 c. coarsely chopped nuts (pecans)
1/3 c. flour
1 1/2 tsp. vanilla
1 stick butter

Preheat oven to 325°. Melt butter and squares of chocolate until smooth. Mix eggs and sugar until light; add chocolate-butter mix, flour, cocoa, baking powder, vanilla and salt. Beat until blended (2 minutes or more). Add pecans and chocolate chips. Grease cookie sheet. Drop batter by 1/4 cup on large cookie sheets. Spread batter into 3-inch rounds. Bake 15 to 20 minutes until shiny and cracked. Cool 10 minutes. Remove with pancake turner to wire racks to cool.

M. Sparks

BUTTER CRUNCH

(Almond Roca)

2 c. blanched almonds
2 c. butter
2 c. sugar
1/4 c. water
2 Tbsp. light corn syrup
12 oz. chopped semi-sweet chocolate chips

Chop almonds fine and toast in a slow oven until they are a rich brown. Melt butter in a large heavy saucepan over a

low heat; add sugar and stir until sugar dissolves. Add water and syrup; continue cooking over a low heat until candy reaches 290° on candy thermometer or a few drops in cold water forms a brittle. Stir frequently. Remove from heat and quickly stir in 1/3 cup almonds. Pour thin layer, about 1/4 inch thick onto greased pan. Spread on 1/2 of chocolate chips and sprinkle 1/2 of almonds. When cold, turn to other side and spread melted chocolate chips and remaining nuts.

Janet Marcy

CARAMEL CORN

2 c. brown sugar, packed
1/3 c. white Karo syrup
2 cubes butter or margarine
1/2 tsp. soda
1/2 tsp. salt
1 tsp. vanilla
popcorn

Pop enough corn to fill two 9 x 13-inch pans. Put in oven at 250°. Mix butter, brown sugar, Karo syrup and salt in saucepan. Stir over medium heat until butter melts. When mixture bubbles, cook for 5 minutes. Remove from heat; add soda and vanilla. Pour mixture over warm popcorn. Bake in 250° oven for one hour, stirring every 15 minutes.

Teresa Sprute

DUGAN'S CANDY

(Like Frangos)

1 (18 oz.) pkg. chocolate chips
1/2 tsp. mint extract (flavor to taste)*
1/2 tsp. vanilla extract (if using mint)
1 1/3 c. powdered sugar
2 eggs
1 c. butter or margarine

*Rum or orange is also good, 1/2 teaspoon of each.

Cream butter and sugar; add flavorings and chocolate chips. Add 1 raw egg and beat well with electric mixer. Add 1 more egg and beat well until thick. Pour 1/2 inch thick or drop by spoonfuls. Chill at least 30 minutes and cut. Keep refrigerated.

Pat Marcy

NONSTICKY FRUIT POPCORN

2 qt. popped popcorn
1 c. sugar
1/2 c. butter
1/4 c. corn syrup
2 Tbsp. Jell-O
1/2 tsp. soda
1 tsp. vanilla

Place popcorn in large baking dish and keep warm in 250° oven. Boil butter, sugar and corn syrup for 2 minutes over medium heat. Stir continuously. Remove from heat. Add Jell-O, soda and vanilla. Pour over popcorn. Bake at 250° for 15 minutes. Stir and bake for another 15 minutes. Spread out on foil to cool.

Matthew, Heidi, Michael and
Meg Wieber

PEANUT BUTTER BALLS

1 (12 oz.) pkg. Nestle chocolate chips
1 (12 oz.) Hershey's milk chocolate bar
1 c. peanut butter
1 cube melted butter (1/2 c.)
2 c. powdered sugar
1 pkg. graham cracker crumbs (approximately 1 1/3 c.)

Preheat oven to 275°. Break up Hershey bar into shallow glass baking dish; add chips. Turn off oven and put in chocolate. Mix remaining ingredients in medium bowl; blend well. Roll into 1-inch balls. Remove chocolate from oven. Stir to blend. Drop balls into chocolate, a few at a time, using teaspoon; coat well and drop on wax paper. Keep in refrigerator.

Claudia Leahy

PEANUT BUTTER BONBONS

2/3 c. peanut butter
2 c. powdered sugar
1 c. chopped nuts
1 c. fine coconut
4 Tbsp. melted butter
1 (6 oz.) pkg. chocolate chips
3 Tbsp. melted paraffin

Mix up peanut butter, powdered sugar, chopped nuts, coconut and melted butter; form into 1-inch round balls. Add more butter, if it's too dry. In double boiler, melt chocolate chips and paraffin. Drop balls in melted chocolate and with a

pair of forks, retrieve and set on wax paper until set. Recipe can be doubled.

Diane Snyder

GREEN TOMATO CAKE

2 1/4 c. sugar
1 c. melted shortening
3 eggs
2 tsp. vanilla
3 c. flour
1 tsp. salt
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1 c. chopped nuts
1 c. raisins
2 1/2 c. diced green tomatoes

Mix together sugar, shortening, eggs and vanilla. Sift together flour, salt, soda, cinnamon and nutmeg; add to egg mixture. Then stir in nuts, raisins and green tomatoes. Bake in well-greased and floured 9 x 13-inch pan at 375° for 1 hour.

Alice Smith

SUGAR COOKIES

1/2 c. sugar
1/2 c. soft butter
1/2 c. shortening
1/2 c. powdered sugar
1 1/2 tsp. vanilla
1 egg
2 1/2 c. flour
1/2 tsp. soda
1/2 tsp. salt
1/2 tsp. cream of tartar

Mix sugars, butter and shortening until creamy. Beat in egg and vanilla; add dry ingredients. Blend. Roll in balls; pat down with sugar. Bake at 350° for 10 to 12 minutes or until lightly brown on an ungreased cookie sheet.

Denise Young

<<< Extra Recipes >>>

Desserts

Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water
1 c. sour milk	1 c. sweet milk and 1 T lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream (for sour milk recipe)	⅓ c. butter and ⅔ c. milk
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)
1 1-oz. square unsweetened chocolate	3 T cocoa plus ½ T. shortening
1 T. cornstarch (for thickening)	2 T. flour (approx.)
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks
1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. canned tomatoes	1 ⅓ c. cut-up fresh tomatoes, simmered 10 min.
1 c. molasses	1 c. honey
1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. granulated sugar	1 ⅓ c. brown sugar or 1 ½ c. powdered sugar
1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal	3 cups
1 lb. cornstarch	3 cups
1 lemon rind	1 Tbsp. grated
3-4 med. oranges	1 cup
1 orange rind	2 Tbsp. grated
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

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DESSERTS

BLUEBERRY BUCKLE

3/4 c. sugar
1/4 c. soft shortening
1 egg
1/2 c. milk
2 c. flour
2 tsp. baking powder
1/2 tsp. salt
1 c. or so frozen blueberries
1/2 c. sugar
1/3 c. flour
1/2 tsp. cinnamon
1/4 c. soft butter

Mix 3/4 cup sugar, shortening and egg; stir in milk. Sift together 2 cups flour, baking powder and salt. Add to first mixture. Add blueberries. Top with mixture of 1/2 cup sugar, 1/3 cup flour, cinnamon and soft butter. Bake at 375° for 45 to 50 minutes. Let cool about 30 minutes.

Donna Meucci

STRAWBERRY DESSERT

2 c. vanilla wafer crumbs
1/2 c. soft butter
1 c. powdered sugar
2 eggs
1 tsp. vanilla
dash of salt
strawberries to cover, sliced
1/2 pt. whipped cream

Spread half of the crumbs on bottom of pan (or shallow casserole dish). Mix butter and sugar; add eggs, one at a time; add vanilla and salt. Spread mixture in pan. Lay out sliced berries. Spread on whipped cream. Sprinkle remainder of crumbs on top. Keep refrigerated.

Sandy Hayes

APPLE SLICES

2 1/2 c. flour
1 Tbsp. sugar
1 c. shortening
1 egg, separated
2/3 c. milk
2 c. corn flakes
1 1/2 c. sugar
1 tsp. cinnamon
5 c. apple slices
1/4 to 1/2 c. powdered sugar

Make crust of flour, sugar and shortening. Combine milk and egg yolk; add to flour mixture. Roll half of dough into 15 x 11-inch cookie sheet pan. Cover with cornflakes; then cover with mixture of apples, sugar and cinnamon. Roll out rest of dough for top of crust. Beat egg white and spread over crust.

Bake 30 to 40 minutes at 400°. Take out and drizzle top with powdered sugar mixed with water to make a frosting.

Sandy Burns

FINGER JELLO

1 small and 1 large pkg. jello (same flavor)
1 pkg. Knox blox gelatine (4 envelopes)
4 c. hot water
1 c. cold water

Mix jello, gelatine and hot water until gelatine dissolves. Add cold water and stir. Pour into Pyrex dish and refrigerate until set. Cut into 1-inch squares and serve. May be put into lunches. Best eaten with fingers.

Debora McDonald

KRUM KAKU

1/2 pt. whipping cream
1 c. sugar
1 tsp. vanilla
3 eggs
2 Tbsp. whiskey
1 c. melted butter
3 c. sifted flour

Whip cream until stiff. Add other ingredients in order: sugar, vanilla, eggs, whiskey, butter and flour. Bake by spoonfuls on iron. Makes about 6 dozen.

Andrea Snyder

POPSICLES

1 (3 oz.) pkg. Jell-O
1 pkg. Kool-Aid (unsweetened)
1 c. sugar

Dissolve in 2 cups boiling water. Add 2 cups cold water and freeze. After 2 hours, put in sticks. Makes 18 (3-ounce) cups.

Kathleen Guenther

ELSIE'S BIRTHDAY DELIGHT

1 c. flour
1/2 cube butter
1/2 c. chopped walnuts
8 oz. cream cheese
1 c. brown sugar
1/2 (12 oz.) Cool Whip
1 pkg. instant lemon pudding

Mix flour, butter and walnuts with fingers; pat with your finger into a 9 x 13-inch Pyrex pan. Bake at 375° until light brown. Blend cream cheese and brown sugar with mixer; then blend in Cool Whip and pour over cooled crust. Prepare instant pudding according to package directions. Spread over cream cheese, sugar and Cool Whip mixture. Top with remaining Cool Whip and sprinkle with finely chopped walnuts. Chill.

Alice Smith

SINFULLY COOL

14 oz. Oreo cookies, crushed
2 Tbsp. melted butter
32 large marshmallows
1/2 c. milk
4 to 6 Tbsp. Kahlua, Amaretto or Grand Marnier
1 1/4 c. chilled whipping cream

Combine crushed cookie crumbs and butter until crumbly. Reserve 2 to 3 tablespoons for garnish. Press into 9-inch pie plate. Chill 1 hour. In saucepan, heat marshmallows and milk over medium-low heat, stirring constantly, just until marshmallows melt. Allow to cool. Blend in liqueur. In chilled bowl, beat cream until stiff. Fold cream into marshmallows. Pour into crust, swirling the top of filling; garnish with remaining crumbs. Chill several hours, preferably overnight in the freezer.

Karen Biermanski

BURNT SUGAR CUSTARD

1 pt. whipping cream
4 egg yolks
1/2 c. sugar
1 Tbsp. vanilla
granulated sugar

Preheat oven to 350°. Heat cream until bubbles form (over low heat). Beat egg yolks and sugar until thick, about 3 minutes. Gradually blend in cream. Add vanilla. Pour into six 6 ounce custard dishes. Place into baking pan in 1/2 inch water. Bake until set, 45 minutes. Remove; chill. When chilled, sprinkle with sugar. Place under broiler; cook until top is medium brown. Chill and serve.

Arlis Clarke

GEORGE'S FAVORITE

1 small carton creamed cottage cheese
1 small carton Cool Whip
1 large (2 small) orange Jell-O (dry)
1 can pineapple, drained
1 can Mandarin oranges, drained

Mix and chill.

George Rankin

RASPBERRY JELLO

1 large raspberry Jell-O
2 1/2 c. boiling water
1 c. applesauce
2 tsp. lemon juice
1 (10 oz.) pkg. frozen raspberries (don't drain)
1 c. sour cream
1 1/2 c. miniature marshmallows

Dissolve 1 large raspberry Jell-O in 2 1/2 cups boiling water. Add applesauce, lemon juice and raspberries. Let set. Frost with topping.

Topping: Beat sour cream and marshmallows until smooth.

Laura Heckel

STRAWBERRY RINGS

Filling:

3 c. strawberries
2 tsp. vanilla sugar
scant 2 c. whipping cream

Cream Puff Paste:

1/2 c. butter
pinch of salt
grated peel of 1/2 lemon
1 c. water
1 c. all-purpose flour, sifted
4 eggs, beaten

Wash and hull strawberries. Reserve 6 large strawberries and mix the rest with vanilla sugar in a medium bowl. Set aside until sugar is dissolved. Whip cream until stiff; refrigerate. Lightly grease and flour a baking sheet. Preheat oven to 400°.

To make cream puff paste: Melt butter with salt, lemon peel and water in a heavy medium saucepan over low heat. When butter has melted, increase heat and bring quickly to a boil. Remove from heat and add flour, all at once. Beat with a

wooden spoon until mixture comes away from sides of pan. Return to heat 1 minute, stirring constantly. Cool slightly; then add eggs, a little at a time, beating well between each addition.

Put paste into a pastry bag fitted with a large fluted nozzle. Pipe 11 rosettes in a 10-inch (25 cm) ring on prepared baking sheet. After baking, they will be joined together, forming a circle. Bake 20 to 25 minutes or until golden and crisp. While still warm, split ring horizontally; let cool.

To make filling: Puree strawberry mixture in a blender. Put 3 tablespoons whipped whipping cream into a clean pastry bag fitted with a large fluted nozzle. Combine remaining cream with strawberry puree. Fill cooled cream puffing with strawberry mixture. Decorate with piped rosettes of whipped cream and reserved whole strawberries, cut in quarters.

Janet Assaker

FRUIT PIZZA

1 refrigerator Pillsbury sugar cookie roll
1 (8 oz.) cream cheese
1 (7 oz.) marshmallow cream
assorted fruit

Roll out dough to fit pizza pan. Cook according to package directions. Beat cheese and marshmallow cream together. Spread over cooked crust. Top with desired fruit and chill. Serve with Cool Whip if desired.

Eileen Newcomb

STRAWBERRIES DEVONSHIRE

1 1/2 qt. fresh strawberries, washed and stemmed
8 oz. cream cheese
1 pt. whipping cream
1/2 c. white sugar
1 tsp. vanilla
1 1/2 Tbsp. Grand Mariner (optional)

Place strawberries in parfait or stemmed glasses. Mix together in mixer at low speed cream cheese, adding slowly whipping cream, sugar, vanilla and Grand Marnier. Blend until light and spoon over strawberries. Serves 8.

Carolyn Marcell

PEACHES AND CREAM

3/4 c. flour
1 tsp. baking powder
1 (3 1/4 oz.) pkg. vanilla pudding (not instant)
3 Tbsp. margarine, softened
1 egg
1/2 c. milk
1 (15 or 21 oz.) can peaches
1 (8 oz.) pkg. cream cheese
1/2 c. plus 1 Tbsp. sugar
1 Tbsp. cinnamon

Combine the flour, baking powder, pudding, margarine, egg and milk in a bowl; beat for 2 minutes at medium speed and pour into greased 9-inch pie pan. Drain the can of peaches and reserve 3 tablespoons of the juice. Place the peaches on top of the batter. Combine the cream cheese, 1/2 cup sugar and juice in a small bowl; beat for 2 minutes. Spoon over the peaches 1 inch from the side. Mix 1 tablespoon sugar and the cinnamon; sprinkle on top. Bake at 350° for 30 to 35 minutes.

Pat Slye

ORANGE SHAKE

1 c. water
1/2 c. milk
1 tsp. vanilla
5 Tbsp. frozen orange juice
5 ice cubes

Mix together with 5 large ice cubes. Use a blender at high speed for 30 to 40 seconds. Serve.

Michael Slye II

PINEAPPLE FLUFF

1/4 c. butter
1 1/2 c. powdered sugar
2 egg yolks
1/4 tsp. salt
1 c. drained crushed pineapple
2 egg whites
1/4 c. brown sugar
1 c. graham cracker crumbs
1/4 c. melted butter

Cream 1/4 cup butter and powdered sugar together. Add egg yolks, salt and pineapple; beat well. Beat egg whites until stiff. Fold into mixture; set aside. Combine brown sugar, graham cracker crumbs and melted butter; mix well (crumb mixture). Press 2/3 crumb mixture in bottom of greased

8 x 8 x 2-inch pan. Spread creamy mixture over crumbs. Sprinkle rest of crumbs over top. Chill.

Loraine Glass

PINEAPPLE REFRIGERATOR DESSERT

1/2 c. butter
1 1/2 c. powdered sugar
1 pt. whipping cream
1 lb. vanilla wafers
2 eggs
1 c. crushed pineapple
2 Tbsp. powdered sugar

Drain pineapple. Crush vanilla wafers. Mix with 1 cup butter, melted (not included in ingredients). Spread half on bottom of oblong cake pan, 12 x 7 inches. Cream butter and sugar; add the well beaten eggs. Mix thoroughly. Spread this mixture over crumbs. Whip cream; add 2 tablespoons powdered sugar. Then add the drained pineapple. Smooth this on top of the first mixture. Cover with remaining crumbs. Refrigerate 24 hours.

Alice Smith

PINEAPPLE DELIGHT DESSERT

1 pkg. yellow Jiffy cake mix
1 small pkg. vanilla instant pudding
1 3/4 c. milk
8 oz. Philadelphia cream cheese
1 large can crushed pineapple, drained
1 large carton Cool Whip
1 small pkg. coconut

Bake cake in a 13 x 9-inch pan; cool cake. Soften cream cheese. Add crushed pineapple; mix well. Make the pudding with the milk. Let stand until firm. Add pudding to the pineapple and mix well. Spread the mixture over the top of the cooled cake. Spread Cool Whip on top of pineapple. Sprinkle with shredded coconut.

Rosaleen Farmer

CHERRY-PINEAPPLE DESSERT

2 cans cherry pie mix
1 yellow cake mix
1 1/4 c. chopped walnuts
1 large can crushed pineapple, drained
1/2 lb. margarine

Put in layers in greased 9 x 11-inch pan, cherry pie mix (1st layer), pineapple (2nd layer) and walnuts (3rd layer).

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Sprinkle yellow cake mix (dry) over all. Cover with 1/2 pound margarine in pats. Bake at 350° for 1 hour and 15 minutes. Serve warm. Great with vanilla ice cream.

Jennifer Deacy

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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES – Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE – A dish served between the chief courses, before the roast.

FONDUE – A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints

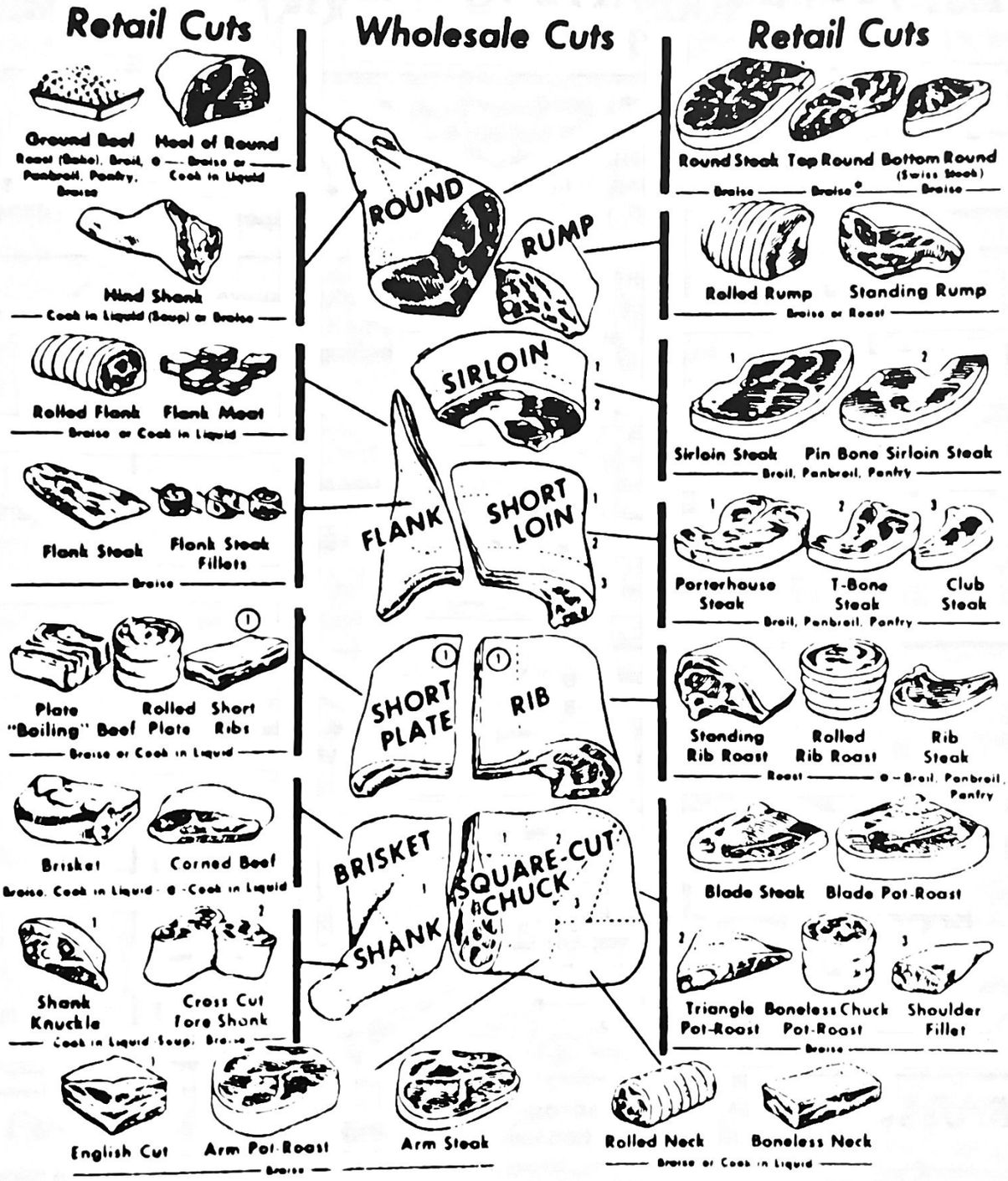
MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

	MEAT	WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART



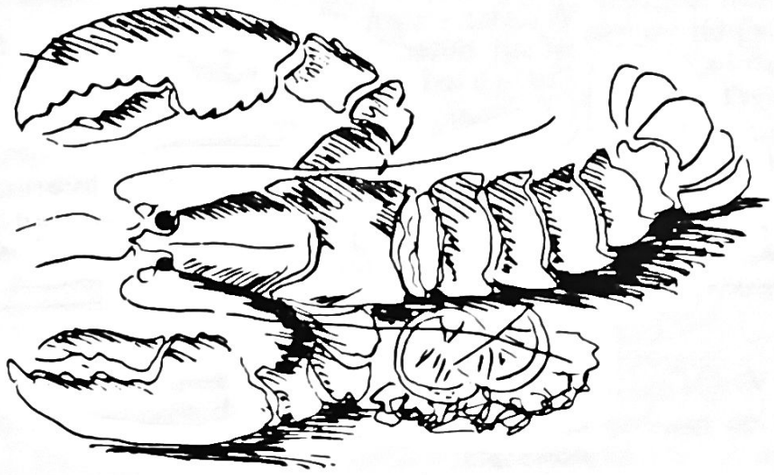


Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook coverd in small amount of boiling salted water. Cut up Whole spears	 8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling walted water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Calorie Counter

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS		Calories
Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS		
Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265

Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150

Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:		
Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

		Calories
FRUITS		
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60
MEATS		
Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230
SALADS AND DRESSINGS		
Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food	25 Servings	100 Servings
Meat, Poultry or Fish		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
Sandwiches		
Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads
Salads, Casseroles		
Potato Salad	4 ¼ qts.	4½gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
Vegetables		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour

1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.

1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.

1 cup cream, sour, thin .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

1 whole egg .... 2 egg yolks for custards.

1 cup molasses .... 1 cup honey.

1 package active dry yeast .... 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.

1 tablespoon prepared mustard .... 1 teaspoon dry mustard.

Favorite Recipes

Recipe Name **Page No.**

Notes

Appetizers, Relishes & Pickles

Soups, Salads Sauces

Main Dishes (Casseroles)

Meats, Poultry & Seafood

Vegetables

Breads, Rolls, Pies & Pastry

Low-Calorie Dishes

Cakes, Cookies, & Confections

Desserts

Beverages, Sandwiches & Misc.

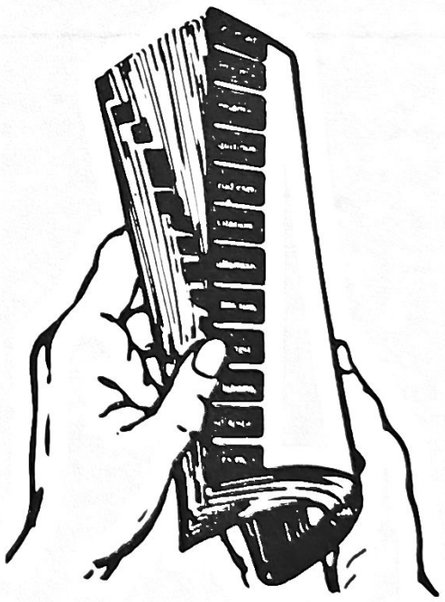
Cooking Hints

We Have The Recipe For

Successful Fund Raising

Personalized Community Cookbooks

Here's How To Use Your Thumb Index: Place thumb on black tab of the item you want to find. Flip through until a black tab appears under your thumb.



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